



MOVE WELL BE WELL!



Thursday, October 5
7 - 8:30 pm

Do you have a back weakness - or want to protect your back from injuries and their associated costs? This informative and interactive program will show you how to handle home and work-related stress better. Learn how to move better, reduce flare-ups and injuries, and help you avoid drugs and surgery!

A chiropractor in East Brunswick for over 38 years, Ken Freedman is the host of EBTV's Wellness Spotlight. In 2014 his program on Back School was nominated for outstanding instructional video by the Jersey Access Group.

Registration is requested, but walk-ins are always welcome. Healthy refreshments will be provided.

www.wellinks.org



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Health Of It!**
East Brunswick Public Library

The Library's Prescription for Quality
Health & Wellness Information



East Brunswick Public Library
2 Jean Walling Civic Center, East Brunswick, NJ 08816