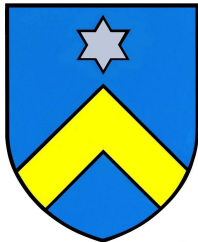




Yoga - Pilates - Massage Therapy

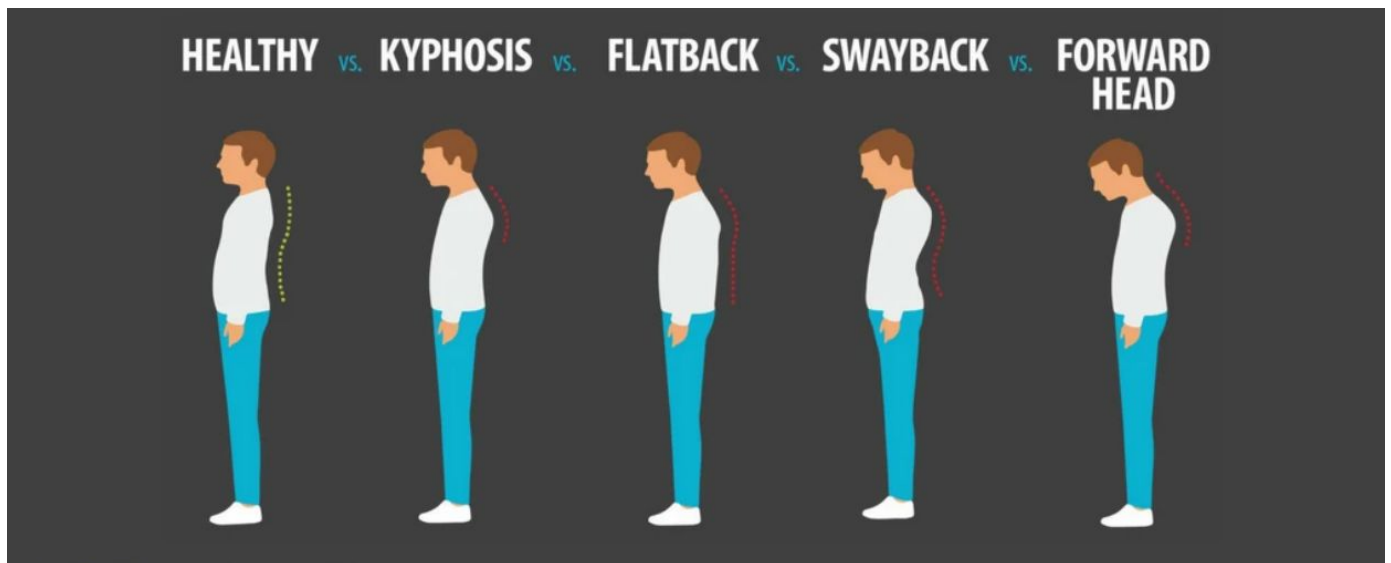
[www.corebalancemovement.com](http://www.corebalancemovement.com)  
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+356 7934 2990



IL-MELLIEĦA

FREE Wellness Talks by US trained Melissa Poplaski, in collaboration with Mellieħa Local Council. For seat reservations call: Marvic De Bono on 21521333.

## How Posture Impacts Your Health



### Postural Alignment Quick Facts:

- About 80 percent of adults experience low back pain at some point in their lifetimes. It is the most common cause of job-related disability and a leading contributor to missed work days.
- Men and women are equally affected by low back pain, which can range in intensity from a dull, constant ache to a sudden, sharp sensation that leaves the person incapacitated.

- Headache is our most common form of pain and a major reason cited for days missed at work or school as well as visits to the doctor.

- Many chronic pain conditions affect older adults. Common chronic pain complaints include headache, low back pain, cancer pain, arthritis pain and more!

**In this talk we will discuss:**

- What healthy posture looks and feels like in your own body.
- Movement tips to help you stand tall and reduce your pain cycles.
- How posture affects your hormones and mood.
- Healthy sleeping tips and how to rest with good posture.

**About Core Balance Movement:** For the past 20 years, Core Balance Movement has helped hundreds of people from all walks of life by using movement therapy as medicine to heal the body. Our philosophy is to use a non-invasive, non-pharmaceutical approach to address these health issues by allowing our bodies to heal themselves. I started Core Balance Movement back in California where I combined my training and hands-on experience in bodywork/therapeutic massage, pilates, yoga, strength and conditioning to create a unique holistic body approach. I am now happy to be offering these services in Malta and want to help bring awareness to mindful movement as medicine. You can learn more about us and our qualifications on our website: [www.corebalancemovement.com](http://www.corebalancemovement.com)

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Location: Mellieha Local Council Building

Date: April 4th 2020

Time: 9am to 10:30am

Cost: FREE and open to the public - all ages welcome

**For reservations:** Contact **Marvic De Bono on 21521333**. Limited spaces available so bookings are on a first-come-first served basis.