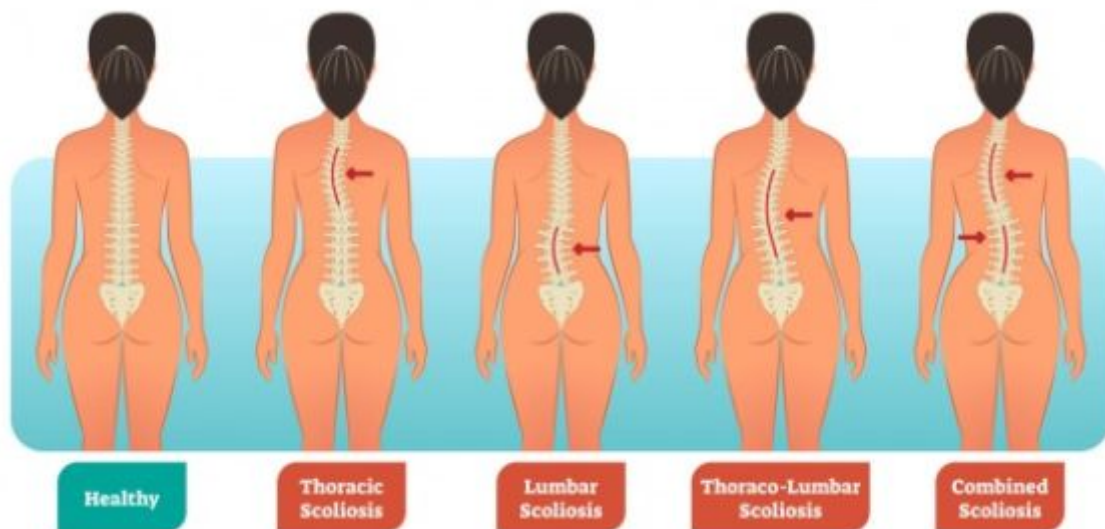




IL-MELLIEĦA

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

Scoliosis Talk



Quick Facts:

- Everyone's spine is at least a little curved: nobody has a perfectly straight backbone but if the angle of the curve measures 10 degrees or more, the patient is said to have scoliosis.
- Scoliosis affects 3% of the population and the majority of sufferers are female.
- Scoliosis can contribute to a number of health issues, including back pain, muscle imbalance, visible prominences, and compromised breathing.



- The condition usually develops during adolescence, however, scoliosis can occur at any time of life for a wide variety of different reasons.

In this talk we will discuss:

- What is Scoliosis?
- What is it like living with scoliosis?
- Can scoliosis be cured?
- Non-surgical approach to helping patients with scoliosis

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

Location: Mellieha Local Council Building

Date: April 25th 2020

Time: 9am to 10:30am

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