

*Don't let the end of semester strain  
and seasonal anxiety create  
**TENSION** in your back.*

Join us during this  
interactive workshop  
and learn how to  
manage stress,  
protect your spine,  
back and neck!



**WHAT:**

**“Back Basics” INTERACTIVE Workshop**

Hosted by  
Heartland Rehabilitation Services  
*Jaime A. Vallone, MPT*  
and  
*Mary Ann Gibson, Assistant Clinical Director*

**WHEN:**

**Thursday, December 4, 2008**

2:00 p.m. – 3:15 p.m.

**WHERE:**

**HPE Gymnasium**

Wear comfortable clothing – mats provided  
Health refreshments served



For additional information  
**732-255-0400 ext. 2026**  
**eof@ocean.edu**