

MAMMOTH HOSPITAL PROUDLY PRESENTS:

# Posture First!



Learn to sit effortlessly, to stand without pain and get more 'oompf' out of every stride you walk.



**WEAR COMFORTABLE CLOTHING, BRING YOUR PHONE AND AN OPEN MIND!**

Four-week class starting Nov 13<sup>th</sup>  
11/13, 11/20, 12/4 & 12/11

Cost: \$60

**12:15-1:00 in our Physical Therapy Department**

Instructed by Physical Therapist, Gillian McChesney

**Call 760.934.7302 to sign up.**

**www.mammothhospital.com**