



Give yourself a healthy boost

Take a convenient online class

Watch Your Back: Back Care Basics

Date: May 5, 2022 | **Time:** 12:00pm – 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3722226/7BE1BF64B91EEEE4C5FD9A33C405761D>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Learn proper posture & practice exercises that help protect your back.

For questions, contact: Jessica Houze, jessica.houze@fultoncountyga.gov

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