WORKSHOP WITH DR. SCHAMBERGER:

author of **The Malalignment Syndrome** and the newly published **Read My Hips**.

This workshop is an interactive event with a focus on easy techniques a person can use to assess and treat their own pelvis at home.

Topics covered include:

* What causes pelvic and back pain?
* How to assess your own pelvis?
* How to treat your own pelvis?
* What activities are encouraged and what should be avoided?

The 3-hour workshop is $75, and is assisted by physiotherapist Sarah Stevens, who is a contributor to the textbook The Malalignment Syndrome. A PHYSIOTHERAPY EXTENDED HEALTH RECEIPT is available upon request. Pre-payment is necessary to reserve your spot. There is room for only 10 participants per session. Please call to reserve your spot: 778 592-1442

Where? Pure Health Massage and Wellness,

 220- 12565 88th Ave, Surrey.

When? Sunday April 5, 2020, from 2-5pm ($75)

Follow-up course: Sunday April 26, from 2-4pm ($50)

Discount when signing up for both: $100

Another cycle of the course will also run in June:

Session 1: Sunday June 7 from 2-5pm, session 2: Sunday June 28 from 2-4pm.

For more information on Dr. Wolf Schambergers’ first book, please see the site: <https://www.elsevier.ca/ca/product.jsp?isbn=9780443069291>

[www.endurancephysiotherapy.ca](http://www.endurancephysiotherapy.ca) [www.purehealthmassage.ca](http://www.purehealthmassage.ca)