

FREE COMMUNITY LECTURE SERIES

Are You Afraid of Low Back Pain? Let's Discuss Reasons to Reconsider Your Fears.

May 17 • 7:00 p.m. – 8:00 p.m.

Cayuga Wellness Center

3rd Floor • 310 Taughannock Blvd • Ithaca, New York



You will leave the talk with a better understanding of:

- *How common low back pain is*
- *Factors that can lead to chronic low back pain*
- *Staying optimistic about low back pain*
- *What to do if you do experience an episode of low back pain*

Presenters:



Andrew Morpurgo, MD
*Physical Medicine and
Rehabilitation,
Cayuga Medical Center*



**Kyle Adams, PT, DPT,
OCS, CSCS, FAAOMPT**
*Physical Therapist,
Cayuga Medical Center*

For more information and to RSVP: (607) 252-3580 or cls@cayugamed.org



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