



What if **excellent posture** was effortless and easy?

Prepare to have your mind blown! In our sitting classes, Dr. Pedersen, DC dispels the myths you have heard about good posture. In just 75 minutes, this class will help you understand how to achieve pain-free sitting, including—but not limited to—sitting on a bleacher, in an office chair, or on the couch.

Upcoming Classes

Thursday September 17
Tuesday October 6
Tuesday October 20
Thursday November 5
Tuesday November 17
Thursday December 3
Tuesday December 15
Tuesday January 5

Registration

\$50 per person

But wait...do you know anyone else who sits?

Save 20% if you bring a friend...\$40 each when two or more folks sign up together.

Call the office to **reserve your spot** today.

408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086

Sleep Sit like a baby.
408-358-5086