



We invite you to the following event:

June 23, Thursday, from 6 and 7 pm - two sessions

Exercises to improve your Spine Flexibility, and to Prevent Back Pain

According to MD Smisek

1 hour exercise program with an elastic cord led by Jitka Horejsova

You will learn 12 basic exercises to improve your spinal flexibility.

Please bring comfortable clothing and wear socks to exercise without shoes.

Bring a small towel (or something soft) to kneel on for exercises.

RSVP (not necessary) to kamilhorejs@yahoo.com or cell phone 917-450-0497

For more information please go to www.painfreeSMsystem.com

3rd floor in Bohemian National Hall

321 East 73rd Street, between 1st and 2nd Ave

New York, NY 10021

These events are possible thanks to the support of BBLA New York.