DO YOU HAVE

CHRONIC PAIN?

MOVE YOUR BODY

1. FEEL GOOD
2. REDUCE STRESS
3. TRY THE EXERCISES POSTED

PHYSICAL THERAPY

1. REDUCE PAIN
2. PREVENT PAIN
3. ALTERNATIVE TO MEDICATION

ACCESSIBLE PHYSICAL THERAPY!
FREE of charge

- **SWITCH - 1528 20th St W, Saskatoon. (306) 956-2518**
- **Community Clinic West - 1528 20th St W, Saskatoon. (306) 664-4310**
- **Community Clinc - 455 2nd Ave N, Saskatoon. (306) 652-0300**

THE LIGHTHOUSE SUPPORTED LIVING

UNIVERSITY OF SASKATCHEWAN
School of Rehabilitation Science
COLLEGE OF MEDICINE
MEDICINE.USASK.CA/SRS

Saskatchewan Physiotherapy Association