



You are Invited to Attend Our Perfect Posture Program

This Program is Designed to be the next step in The Management of Your Dizziness/Headache.

We Aim to introduce you to the right type of exercise to help maintain:

- 🕒 The gains made through individual treatment
- 🕒 Reinforce education about posture and fitness
- 🕒 Establish a basis of physical ability
- 🕒 Give confidence to continue ongoing exercise and fitness regimen

To tailor your Program to your level we include an individual session to measure your postural control, strength and balance before and after your attendance in the group.



Each week there is a different emphasis:

- Understanding neck pain, dizziness and headache
- Understanding good posture - static and dynamic
- Balance and posture – functional activities
- Risk management - common mistakes made when exercising

Speak to your physio for details. Make a start.
**GOOD STRONG POSTURE UNDERPINS
YOUR ON-GOING LIFE IN MOVEMENT**

