

Attention Pain Sufferers

LOWER BACK PAIN & SCIATICA WORKSHOP

ONE DAY SPECIAL OFFERS!

Wheaton

Tuesday, April 3rd 7pm - 8pm

Presented by Stephanie Mountford PT, DPT, OCS

Downtown

Thursday April 12th 7pm - 8pm

Presented by Garrett Petry PT, DPT, CFMT

Winnetka

Thursday, April 19th 7pm - 8pm

Presented by Kate McKechnie PT, DPT, CFMT,
Women's Health Specialist

When you have back pain or sciatica, you need to feel better FAST, so you can get back on your feet and keep on moving. Our responsibilities never end: kids, grandkids, jobs, leisure activities... but back pain can stop you in your tracks.

We take mobility for granted. Walking, hiking, cycling, running: these are all activities you may have loved in the past but now you may be considering giving up because of back pain or sciatica discomfort.

The Lower Back Pain and Sciatica Workshop at Body Gears Physical Therapy, will teach you about the latest treatment techniques to figure out exactly where and how your pain affects your movement and your physical health.

**We Want To Help You Get
Better Once And For All!**



Here's some of what you'll learn:

- ✓ The MOST COMMON CAUSES of lower back pain sciatica discomfort.
- ✓ Why no two back pains are the same and how to work with your physical therapist to develop a unique, tailored treatment plan.
- ✓ How sciatica affects the health of the rest of your body.
- ✓ A 100% natural and safe solution exists and how you can access it.

**Workshops are free but seats are limited.
Only 10 spots available per location.**

**Don't delay, register today by
calling now!**

BONUS!

**1st three people to register will
receive a Hot/Cold Pack!**

Need A Positive Distraction From Stressful Days? **THE HEALTH BENEFITS OF PET OWNERSHIP**

For some people, the idea of welcoming a dog or cat into their home seems like an influx of responsibility and obligation they would rather avoid. But for devoted pet owners, their furry friends are beloved members of the family with whom they share a mutually beneficial relationship. Whichever camp you fall into, it can't hurt to brush up on the many benefits of owning a pet. If you're reluctant to take the plunge, these facts may convince you. And if you're a longtime pet parent, they'll serve as a welcome reminder as to how your little fur ball has improved your life. From the emotional and social impact of their presence to the physical and mental benefits, having Fido the dog or Garfield the cat around the house might just be the boost you didn't even know you needed.

Fitness. Pets need regular activity and, if a dog becomes your pet of choice, you'll also be signing up for brisk daily walks to help your furry friend keep in shape. In turn, you'll also feel the benefit of regular, low-impact exercise. According to a recent survey, 36 percent of pet owners said that having a pet has helped them lose weight. Who needs a personal trainer?

Social. Believe it or not, having an animal can even have an impact on your social life... in a good way. Walking the dog around the local park or taking it to obedience lessons are just two settings where you'll have the opportunity to meet new faces and interact with people you might not otherwise have come into contact with. And don't be surprised if you're stopped by strangers in the street who are eager to pat your furry friend and find out more about her.

Childhood learning and responsibility. Having a pet in the home is a great way for children to learn valuable life lessons in a fun, rewarding way. From the daily responsibility of feeding, exercising and caring for the animal to understanding more about illness and loss, it can equip your children (or grandchildren) with the emotions to cope better with important life events as they grow up.

Companionship. The sheer presence of a pet in the home can boost your mood, especially after a hectic day at the office or even following a difficult conversation. The stresses of life can melt away as soon as you walk through the front door and see your beloved pet, desperate for your affection. Said animal will also be your go-to companion of choice



to watch a movie with or cuddle up to read a book with on a cold winter's day. What's better than a furry hot water bottle who listens to every word you say and doesn't answer back?

Mental health. Not only do pets provide companionship and help improve your physical health, they can also provide therapeutic and emotional benefits. According to Ingrid Collins, a consultant psychologist at the London Medical Centre, "A pet is better than Prozac. Animals have a completely different agenda to humans, and bring things back to basics. They want comfort, feeding and love. In return, they give huge affection."

