

FUNCTIONAL POSTURE, MOBILITY, AND BALANCE

WEDNESDAYS, 10:30-11:00am

Live Oak Senior Nutrition & Service Center
111 Church Street, Los Gatos. Ca. 95030



No registration required. Just show up 5-10 minutes before the session starts.

Your Instructor: Kathleen OTR/L, Licensed/Registered Occupational Therapist with VN Home Health, Clinical Certification in Pain Management, Postural Alignment Specialist

About This Class

In this class we use the biomechanical approach to healing chronic pain, postural imbalances and mobility impairments utilizing gentle stretches and exercises to correct misalignment in the musculoskeletal system of the body. All exercises are adapted from the Egoscue Method.

Pete Egoscue is a former Marine Corps Major who served in Vietnam, was injured, and subsequently developed the Egoscue Method to heal his own chronic pain. Pete's program has helped millions of clients worldwide. His books include:

- Pain Free at Your PC
- Pain Free for Women
- The Egoscue Method of Health Through Motion
- Pain Free, A Revolutionary Method for Stopping Chronic Pain

