

Anti-Aging Posture

Join our FREE class with a BJC physical therapist

Friday, 10/23/2026

11:00 am- 12:00 pm

Heritage at HawkrIDGE



As part of this session, you will:

- ✓ Learn what ideal stationary and moving posture is
- ✓ Discover how posture affects your daily life and health
- ✓ Learn ways to improve your posture



Registration Required: [REGISTER](#)

Open to adult friends and family