BACK & NECK PAIN
HOW TO MANAGE SPINE PAIN ON YOUR OWN

Presented by Dr. TJ Williamson, DC, MS, CSCS
Board-certified chiropractic physician | Sports medicine specialist | Strength coach

Learn
Learn what the latest research has taught us about back and neck pain

Workshop
Practice self-care exercises and other measures under expert supervision

Q & A
Opportunity to ask questions and learn from a spine pain specialist

Welcome Dr. Williamson!
Dr. Williamson is a new Colorado resident and the latest addition to our personal training team.
He provides advanced evidence-based care treating NMSK conditions without drugs or surgery.
He also practices as a physician at Longmont Joint & Spine on the corner of Coffman and 4th St.

2030 Ionosphere St Unit C | www.thegymatprospect.com | (303) 834-9920