



**PUBLIC SERVICE ANNOUNCEMENT - FOR IMMEDIATE RELEASE**

Contact: Shannon Dininny, Memorial Communications, (509) 577-5051

**Memorial offers spine health workshops  
Wednesday, July 8**

Back injuries account for 1 in 5 injuries in the workplace and affect more than a million workers each year.

Memorial Family of Services wants to make sure you're taking the best possible care of your spine. Memorial will hold two workshops on Wednesday, July 8, to offer tips on basic spine health in your job, workouts and home life and to discuss some of the misconceptions about back-related injuries.

Physical therapist Steve Davis of Lakeview Spine and certified athletic trainer Joel Buffum of Memorial's Sports Medicine Advantage will mix patient stories with research, personal experience and some active instruction to cover a variety of topics. These topics include posture, movement patterns and lifestyle changes that can help you prevent back injuries or prepare for them in the future.

Two, 30-45 minute presentations will be offered at 11:30 a.m. and 7:30 p.m. at the Yakima Valley Memorial Hospital auditorium. Registration is not required, and there is no charge to attend. For more information, contact Kate Gottlieb at (509) 225-3179.

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