

April 9, 2021 @ 8:30 AM EST



Oakland

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OakMac SHRM



Got pain? There are real-world solutions to your pain problems and it begins with understanding the 5 Key Facts About Your Body's Design. Come take part in this interactive 30-minute seminar designed to help you move better and feel better. And come get your free copy of the MoveWell® Daily Dozen, twelve body-weight-oriented exercises designed to restore postural and movement symmetry and help you move your way to health.

Pain Free in the Real World / Sherry McLaughlin

Register Here: <https://oakmac-hr.org/meetinginfo.php>

Member Price: Free

Not Yet Member Price: \$10

1 Professional Development Credit