



We invite you to the following event:

November 23, Wednesday, from 6 pm

*Exercises to improve your Spine Flexibility, and to Prevent Back Pain*

*According to Czech MD Smisek from Prague*

1 hour exercise program with an elastic cord led by Jitka a Kamil Horejs

You will learn 12 basic exercises to improve your spinal flexibility.

Please bring comfortable clothing and wear socks to exercise without shoes.

Bring a small towel (or something soft) to kneel on for exercises.

Free admission, RSVP (not necessary) to [kamilhorejs@yahoo.com](mailto:kamilhorejs@yahoo.com) or cell phone 917-450-0497

For more information please go to [www.painfreeSMsystem.com](http://www.painfreeSMsystem.com) or [www.drhorejsova.eu](http://www.drhorejsova.eu)

3rd floor in Bohemian National Hall

321 East 73rd Street, between 1<sup>st</sup> and 2<sup>nd</sup> Ave

New York, NY 10021

These events are possible thanks to the support of BBLA New York.