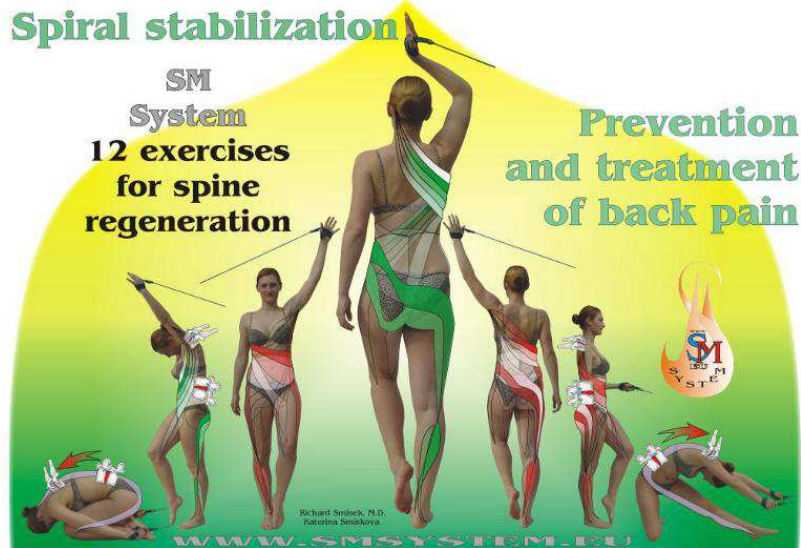


BBLA

BOHEMIAN BENEVOLENT
& LITERARY ASSOCIATION

**Exercise to Improve your Spine Flexibility
and Prevent Back Pain**



A rehabilitation method developed by Czech neurophysician Dr. Richard Smisek

Monday October 10th from 6pm to 7:30pm

Bohemian National Hall, 3rd floor

321 East 73rd Street (between 1st and 2nd Ave)

Introduction to exercise program with an elastic cord led by Kamil Horejs

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

Please bring comfortable clothing and a soft mat or towel to kneel on,

wear socks to exercise without shoes.

FREE admission

For more information please go to www.painfreeSMsystem.com and www.drhorejsova.eu

Please RSVP (required) to kamilhorejs@yahoo.com or cell phone 917-450-0497

This event is possible thanks to the support of BBLA New York.

Bohemian Benevolent & Literary Association

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