



PACK IT LIGHT. WEAR IT RIGHT.

Kids and backpacks just seem to go together. Whether you are heading out on holiday with the children or sending them off to school, chances are they'll be packing a backpack.

If they don't know how to choose, load, lift and wear a pack properly – these all-important accessories can be a pain in the back.

Teaching children the importance of properly using their backpacks is key to helping them avoid injury.

Carrying a heavy load that is unevenly or improperly distributed can result in poor posture; and even distort the spinal column, throwing it out of alignment. This can cause muscle strain, headaches, back, neck and arm pain, and even nerve damage.

Prevention is key-

**Join us for our Annual BACKPACK SAFETY FOR KIDS EVENT:
SATURDAY AUGUST 17TH**

LEARN HOW TO:

- Choose the right backpack**
- Pack it properly**
- Put it on**
- Wear it right**

Parents please bring your family with their packed knapsacks.

CALL or EMAIL TODAY TO RESERVE YOUR SPOT!



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