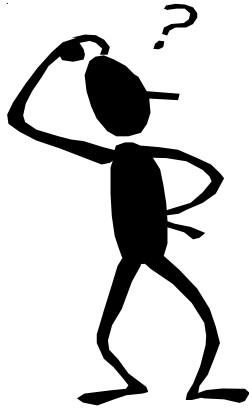


Posture Screening

A 15-minute Spinal Analysis



4:00-6:00pm

Lobby, 1st floor

Fee: \$20

Why should I get my posture analyzed?

This evaluation helps identifying unevenness in the natural curves of the spine and other structures. Misalignment in the structures of the body can be a cause of muscle tightness, joint pain and stiffness.

Good posture is important to human performance (lifting, bending, standing, twisting, pushing, pulling) for short-term and long-term life activities.

Spinal Screening involves a brief questionnaire, range of motion and postural evaluation. When tested you will stand with one foot on each scale while she makes various observations about the weight readings and your posture. Your picture will be taken from the back and the side. Methods of posture correction will be discussed.

Who should get screened?

Everyone: Young and older adults, athletes, both men and women.

To reserve your spot, see Members Services or call 415-615-1346.

No refunds on the day or after the scheduled analysis takes place. 100% of your fee goes to support our Community Support Campaign to build strong kids, strong families and strong communities. Contact The Health and Fitness Director @ 415-615-1314 for more information.



Appointments conducted by Dr. Amelia Mazgaloff, D.C. Dr. Mazgaloff is a Doctor of Chiropractic practicing in San Francisco. For the past 4 years, she has specialized in treatment of sports injuries, neck and back conditions and headaches. Dr. Amelia Mazgaloff is always available to speak or provide information to anyone about treatment and prevention of sports related injuries. If you have a question for the doctor, you can reach Dr. Mazgaloff at 415/546-1461 or send an email to mazgaloffdc@chirohealthsf.com.