

# Do You Have Back Pain and Sciatica?

*Workshop reveals how to naturally heal back pain and sciatica for good!*

**Saturday, January 28th • 8:30am-10:00am**

- Drained by nagging pain with standing or sitting?
- Pain when you sit for a long time or drive?
- Tired of sharp pain getting out of the car?
- Forced to lean over your grocery cart to shop?
- Had to stop playing what you love?
- Afraid things will get worse or never go away?

If YOU answered “YES” to any of these questions (or have a stubborn spouse in denial), the Lower Back Pain and Sciatica Workshop may be a life changing event for you...

Back pain and sciatica can suck the joy right out of your life! And it often leads to expensive medications, unnecessary tests, injections and even major surgery!

Don't believe the lies that “nothing can be done” or “it runs in the family”...

## What You Get:

- 3 Most Common Causes of Back Pain & Sciatica
- How a back problem can cause pain, numbness and tingling in your leg
- What successful treatment can look like... without expensive medications injections, and surgery
- And more... (including our Top 10 Burning Questions for Sciatica Report)

## How Do I Register?

Call 218-0240 Today or email [jillaine@peakptrochester.com](mailto:jillaine@peakptrochester.com)  
Just mention this ad to claim your **FREE** seat.

*“I came in with constant pain, unable to sit, stand or even lie comfortably, and movement was excruciating. Within one month I have no pain...”*

*~ Juleen*

**It's TOTALLY FREE!**

**Call or Email**

**Today**

**Only 30 Seats  
Available**



161 East Commercial St.  
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