



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BETTER SELF CARE THROUGH EDUCATION

## Warren Schick

LAc, MAOM, CSCS and owner of Active Points Wellness  
Acupuncture Clinic

Join Warren for two interactive classes that will help you  
improve your health and wellness.

### 5 KEYS TO POSTURE CORRECTION

Tight neck & shoulders? Tension headaches  
or migraines? Under a lot of stress? Work at a  
desk? These things can have significant negative  
health effects.

Warren will show you a unique approach to  
posture correction using self-myofascial  
trigger point techniques and corrective exercise  
prescriptions to improve muscular control and  
joint stability, relieve muscle tension and improve  
joint range of motion.

**Wednesday, June 13**

**12-1pm**

**Bellingham 4<sup>th</sup> Floor Conference Room**

### THE KEY TO YOUR CORE

Find it hard to stay consistent with exercise  
due to pain? Trouble keeping up with kids or  
grandkids? Want to build better foundational  
strength for your activities of daily living?

Warren will teach you a new approach to core  
stability. You will learn to actively engage your  
core musculature, correct muscle imbalances,  
and build dynamic stability.

**Wednesday, July 18**

**12-1pm**

**Bellingham 4<sup>th</sup> Floor Conference Room**

**Everyone is welcome**

**For more information call Tammy, 360-733-8630.**