



Oxford County  
Community Health Centre

# BACK To Movement

Come join us for floor based YOGA exercises that will help strengthen your back and improve daily function. Learn how to use breathing practices to manage your back pain.

Angela Rizzo, physiotherapist and Jenilee, social worker and certified yoga instructor will be guiding the exercise group.

**When: Thursdays, Jan. 17, 2019– Mar 7, 2019**

**Time: 10:30-11:30**

**Where: Oxford County Community Health Centre  
35 Metcalf Street Woodstock**

**To Register: Contact Angela Rizzo,  
at 519-539-1111 ext. 227.**

All of our community programs are open to anyone living in Oxford County.  
Check out our website for more events & programs! [www.wachc.ca](http://www.wachc.ca)