

Lecture all about low back pain issues

Doctors Michael Fry and Peter Costa will give a lecture titled Back Pain: Prevention & Treatment on Sept. 19 from 6-7pm.

The free talk is at Lake Tahoe Community College, Room A208, South Lake Tahoe.

Attendees will find out what treatment options are available for low back pain, learn why back pain may be associated with leg pain, why surgery may or may not be right for you, and what exercises you can do that can help strengthen your back and relieve your pain.

For more info, call (530) 543.5537.