

# Meyers chiropractor offering free posture screenings

In response to Posture Awareness Month, Joshua Welch is offering free posture screenings this month at Safe Haven Chiropractic in Meyers.

Included is a free report and exercises to reverse poor posture in young children and adults.

Welch teaches that, "Maintaining correct posture and correct alignment is one of the foundations to healthy living. It can reduce injuries, decrease flare-ups and allow athletes to maintain elite performance."

The monthlong awareness effort educates professionals and the public about the negative health consequences of bad posture, particularly related to modern technology, and works to highlight resources and health information to correct these issues.

Call 530.577.5433 to schedule an appointment.