

Back pain lecture at LTCC

Kyler Crouse, fitness instructor for Tahoe Fit by Barton Health, will present The Ins and Outs of Back Pain tonight.

Topics covered: include lower back discomfort, cause of general back pain, exercises to strengthen the back and core, and tips to avoid back injuries.

The Aug. 3 talk is from 6-7pm at Lake Tahoe Community College in the Aspen Room.