

Chiropractic Workshops

Amherst Family Chiropractic Center cordially invites you to an Exercise Ball Demonstration!

Did you know that ...

- **Exercise balls can make a workout up to 50% more effective?**
- **Exercise balls force proper spinal alignment and body form?**
- **Exercise balls improve your circulation and balance?**
- **Exercise balls help you burn calories in a fun and simple way?**

Are you using an exercise ball?

**Do you know how
To use an exercise ball?**

On , February 23rd,
at 7:00pm, come and view a detailed
demonstration on the various exercises
you can do on a simple home exercise ball.

**You see them everywhere ...
and now it's time to start using them correctly.**

Guests are welcome!



Event Details: Amherst family Chiropractic is located in the heart of downtown Amherst next to the Bank of the James and across from hill hardware. For directions or to RSVP call (434)946-7323

FREE EX-BALL Giveaway!!!!

Movement