

NATIONAL SPINE HEALTH FOUNDATION'S

# WE'VE GOT *Your Back*

5K AND WELLNESS FAIR

OCTOBER 16, 2022 | RESTON HEIGHTS

JOIN US: [WWW.SPINEHEALTH.ORG/RACE](http://WWW.SPINEHEALTH.ORG/RACE)



BACK AND NECK PAIN  
IS THE #1 JOB-RELATED  
DISABILITY IN THE U.S.

JOIN US IN THE FIGHT  
FOR SPINAL WELLNESS!

BENEFITING



WELLNESS FAIR, LED BY VIRGINIA THERAPY & FITNESS CENTER, FEATURING:



POST-RACE MASSAGE



ASK THE EXPERT



KID ZONE



MOVEMENT CHALLENGE

For more information, contact Liz Mesmer, Development Manager, at [emesmer@spinehealth.org](mailto:emesmer@spinehealth.org).