WORLD SPINE DAY COMPETITION

Educational workshop on Spinal health.

Sing, Dance and get SPINE ACTIVE today

Prizes for winning schools

Create your very own POSTER and SPINE ACTIVE video

INTER-SCHOOL COMPETITION.

Teaching youth the importance of keeping an active and healthy spine.

Back pain is the biggest single cause of disability on the planet.

Prevention is therefore key.

World Spine Day and Hand Back Health will be encouraging people to take active steps to be kind to their spines

For Information Please contact Dr Sarah Worthington Hand Back Health: sarah.handbackhealth@gmail.com or 0752994469
WORLD SPINE DAY COMPETITION

INFORMATION

**POSTER COMPETITION**

Create an educational poster
that can be re-printed and extended
to schools and communities.

Posters must be able to be printed to A4 and A3 size.

**PERFORMANCE COMPETITION**

Create a performance;
preferably in the form of a song/dance
to educate and involve students and communities in understanding the need for an active healthy spine.

Performances will be recorded and submitted on WORLD SPINE DAY.

**Procedure:**

- Our team will conduct an educational workshop about the importance of spinal health and activity at your school.
- Creation of a performance and / or a poster to educate the rest of the school and community about what they have learned. The group will be assisted by our team.
- Presentation of interactive performance to the school / community on WORLD SPINE DAY 16th October 2019.

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