

WORLD SPINE DAY COMPETITION

Educational workshop
on Spinal health.

Create your very
own POSTER and
SPINE ACTIVE video

**Sing, Dance and get
SPINE ACTIVE today**

**Prizes for winning
schools**

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.



For Information Contact Dr Sarah
Worthington Hand Back Health:
sarah.handbackhealth@gmail.com or
0752994469

