

Aston[®] Kinetics Postural Assessments

With Shirley Lynch, OT, CLMT*

Offered FREE to Beede Members
October 16, 23, & 24.
Sign up at front desk

■ **Postural assessment and movement education**

- Explore the relationship between your posture and restricted movements.
- Learn how tension patterns in your body may be preventing you from moving in ways that you want to.
- Learn a new way of sitting, standing, and moving for more ease and comfort during your daily activity.

- **Please wear form fitting workout clothing for better postural viewing and bring your cell phone to take photos.**

- **Bring an idea for an activity of interest that involves sitting, standing or walking.**

■ **20-minute postural assessment will include:**

- Viewing of your postural alignment.
- Exploration of a basic activity.
- Practical movement coaching for increased balance and ease in your body.

** Shirley Lynch, Occupational Therapist, Certified Aston[®] Kinetics practitioner maintains a private practice in bodywork and movement education in West Concord, MA.*

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