



DATE: WEDNESDAY, MAY 17, 2017  
LOCATION: DIMEO SCHNEIDER & ASSOCIATES  
500 W MADISON ST.  
TIME: 5:30 P.M. TO 7:30 P.M.  
COST: \$30  
FOOD AND BEVERAGES WILL BE AVAILABLE

### EVENT DETAILS

The back is our greatest asset and is detrimental to our health—mentally and physically. You will be amazed how poor posture—staring down at your phone, sitting in a chair, looking at your computer, and carrying heavy bags—causes misalignment, discomfort, and even pain. Essentially affecting everything you do. Dr. Kari Schmidt will demonstrate how poor posture can affect your daily life and suggest ways and exercises you can do to properly align your greatest asset.

### SPEAKER INFO:

Dr. Kari Schmidt, D.C. of HealthSource Chiropractic is a Board Certified Chiropractor physician, licensed in the state of Illinois. She has a Masters' Degree in Sport Rehabilitation and Science, Active Release Technique Certified Provider, and is certified in Rock Tape application.

Registration is required. All CFW attendees must check-in at the security desk.

LEARN MORE ABOUT CFW'S EVENTS BY SIGNING UP AT [WWW.CHICAGOFW.ORG](http://WWW.CHICAGOFW.ORG)