

Alena Minova



## Back Pain, Neck Pain & Anxiety?

Back and muscle pain, fatigue, anxiety – everyone experiences worry and physical or emotional pain at some point in their lives.

This workshop led by **Alena Minova**, CanStat certified Alexander Technique teacher, will explore methods to manage emotional and muscular tension. You will learn about recent research and discover ways to deal with pain and anxiety with direct and indirect approaches.

**Thursday,  
November 23  
7:00 – 8:30 pm**

Burnaby Public Library  
Tommy Douglas  
7311 Kingsway

Free, but seating is limited. Please register online at [www.bpl.bc.ca/events](http://www.bpl.bc.ca/events) or at any BPL information desk. For more details, call 604-522-3971.

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