

POSTURAL ASSESSMENTS



See your body as it actually presents.

Our experienced trainers will take a photograph of you in three standing positions against a posture grid. A copy of these photos will be provided to you along with:

- **Analysis of your posture**
- **Assessment of factors involved in posture imbalance**
- **Options to improve posture**

2 Sessions \$43.55 plus tax

Each session will be up to 30 minutes in duration. Please call for an appointment:

Fitness Office 604-238-8097 or email dbishop@richmond.ca

