



People of Galway may need to 'Straighten Up'

THE Chiropractic Association of Ireland (CAI) is encouraging adults and children in Galway to 'straighten up' during the annual 'Straighten Up Ireland' Week.

The campaign begins on Monday, October 13 and runs for a full week to include **World Spine Day** on Thursday, October 16. For a list of Galway CAI members visit www.chiropractic.ie.

Straighten Up Ireland aims to raise awareness of spinal health among adults and children and encourage improved posture to help the people of Galway to look and feel their best. The CAI has developed a series of simple everyday exercises, which will act to improve posture, stabilise core muscle groups, enhance health and prevent spinal disability.

Taking just three minutes to complete, the exercises can be undertaken by people of all ages with a special programme tailored for children. With fun descriptions like 'twisting star', 'the hummingbird', 'the rocker' and 'shaking loose', the whole family will be keen to get involved.