

# Pack it Light. Wear it Right.



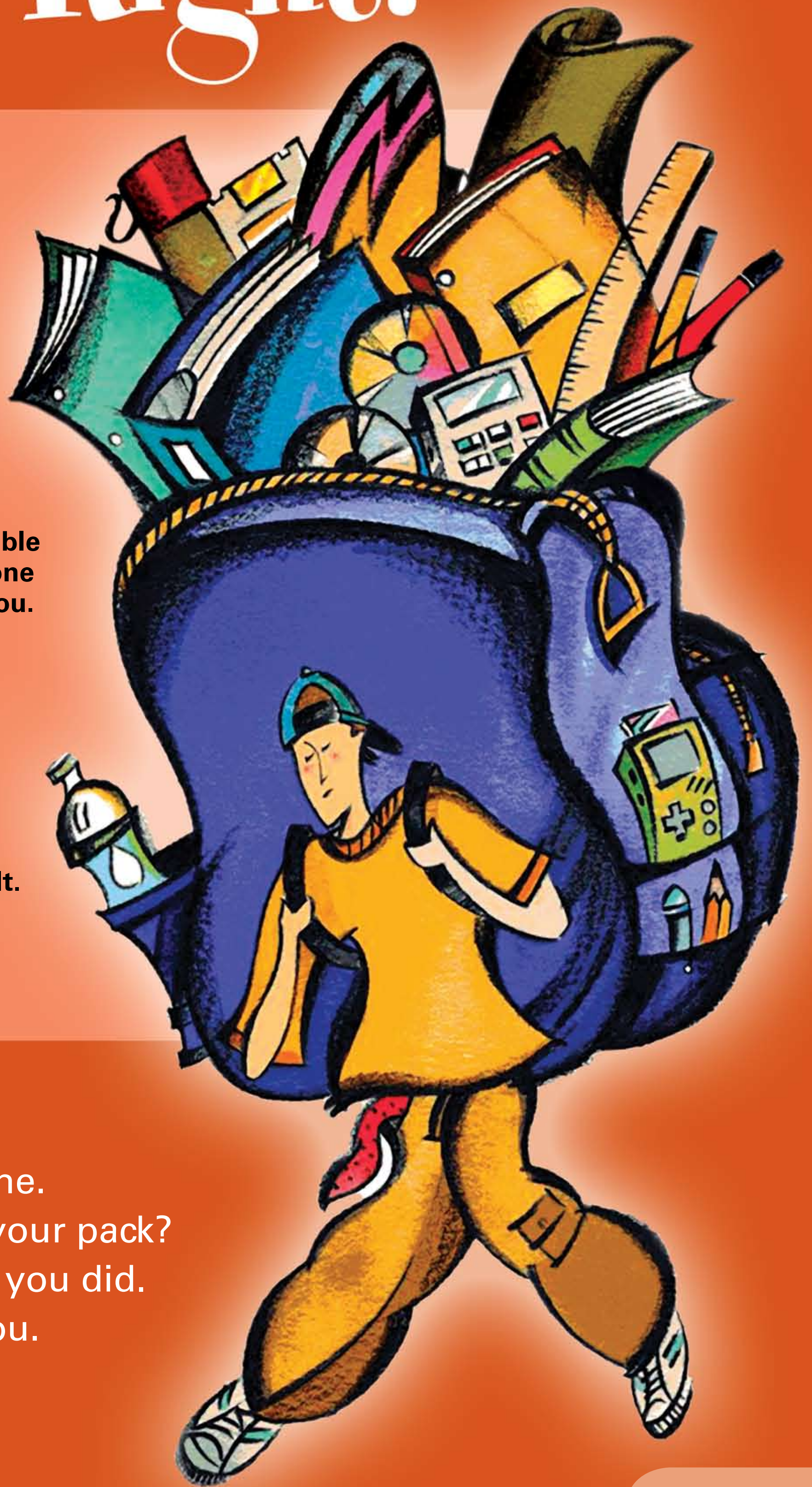
Get a backpack that has many compartments to balance the load.



Fill your pack at table level or get someone to help put it on you.



Wear both your shoulder straps and your waist belt.



Hey, you're not leaving home.  
Why break your back with your pack?  
Lighten it up. You'll be glad you did.  
And your back will thank you.

**Ontario Chiropractic Association** Treatment That Stands Up.

