

# THE SPINE INSTITUTE

at Baldwin Bone & Joint, P.C.

## UNDERSTANDING LOW BACK PAIN & TREATMENT OPTIONS AVAILABLE

From physical therapy to lifestyle changes, non-surgical and surgical treatments, there are many ways to effectively reduce and eliminate low back pain and improve overall functioning.

Join Dr. James Hicks as he raises awareness and offers hope for those suffering from low back pain.



**JAMES HICKS, MD**  
Fellowship-Trained Spine Surgeon

The public is invited to a *complimentary* Lunch & Learn event featuring Dr. James Hicks, fellowship-trained neck & spine specialist with The Spine Institute at Baldwin Bone & Joint.

**Friday, January 12**

**11 a.m. – 12 noon**

**Orange Beach Senior Activity Center  
26251 Canal Rd. - Orange Beach, AL 36561**

**RSVP by January 9 to 251.981.3440**

**DAPHNE | BAY MINETTE | FOLEY**  
**251.625.BONE (2663) | [thespineinstitutebbj.com](http://thespineinstitutebbj.com)**