

Join the **NHG SPINE CENTRE** for an educational talk.

CAN I AVOID SPINE SURGERY? PRACTICAL TIPS.



Back pain doesn't always mean surgery.

With the right knowledge and daily practices, most people can manage their symptoms and prevent their condition from worsening.

In this webinar, our speakers will walk you through evidence-based tips and treatment options that can help you maintain a healthy spine and make informed decisions about your care.

MODERATOR

**DR KELVIN LOR**

Deputy Head & Senior Consultant
Orthopaedic Surgery
Khoo Teck Puat Hospital
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SPEAKERS

**DR WAYNE YAP**

Consultant
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31 JANUARY 2026 | SATURDAY
2:30PM - 3:30PM

Register using the QR code or link below:
<https://for.sg/nhgspinecentref>



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