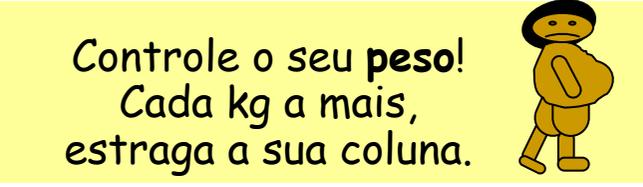
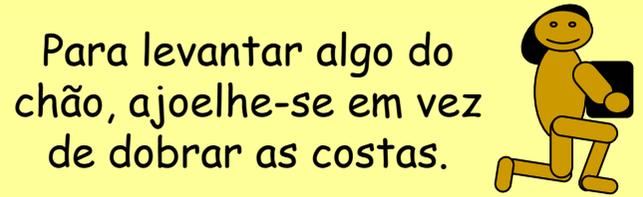
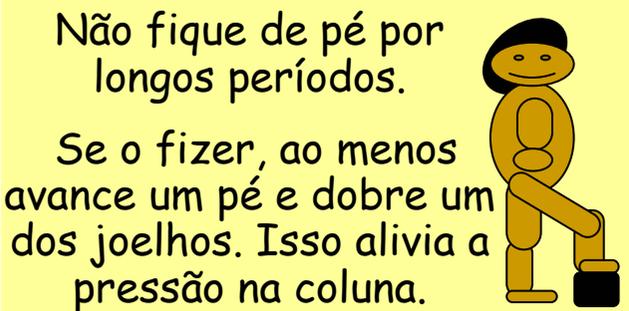
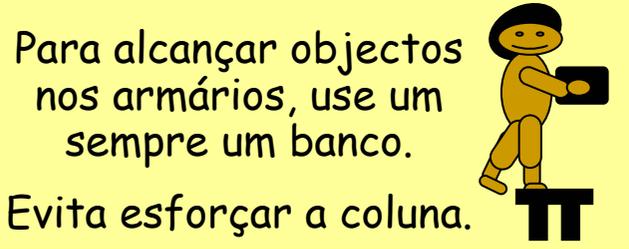
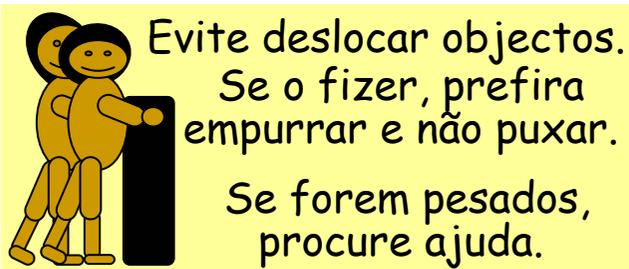
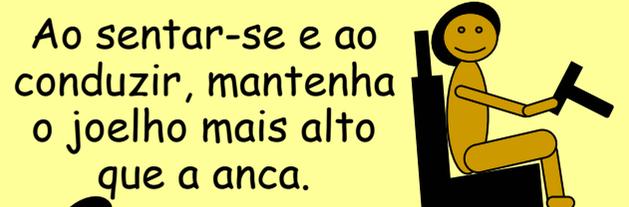
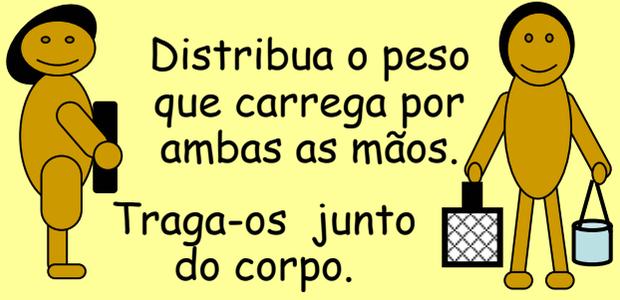


Tenha uma Coluna saudável

Dicas simples ao seu alcance



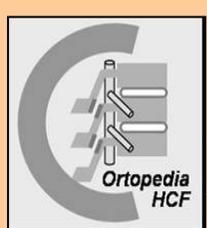
Conhecer a sua coluna pode ajudar a evitar problemas.

A prevenção é melhor que qualquer tratamento!

O tabaco prejudica gravemente a coluna.



Conserve a sua Coluna; é a única que possui!



Estes são os conselhos da **Unidade de Coluna do Serviço de Ortopedia.**
São disponibilizadas mais informações em www.ortopediamadeira.org

