

World Spine Care's World Spine Day Karma Class Program

Every year on October 16th people from around the world join together to raise awareness on World Spine Day as part of the Bone and Joint Decade's Action Week.

World Spine Care has teamed up with World Spine Day and the Bone and Joint Decade to raise funds to bring spine care to communities in need. The funds you raise will be used to build spine care clinics for communities in need.

The program

Host a Karma class for World Spine Care in the months of October/November and help bring spine care to communities in need.

How it works

1. Register online at: [Karma class registration](#)
2. Download the thank you poster at: [Thank you from World Spine Care](#)
3. Print and post World Spine Care posters in your studio and tell your participants and colleagues that you will be supporting World Spine Care this World Spine Day
4. In the months of October and November, host Karma classes for World Spine Care
5. Make your donation: [Donate in Canada](#)
[Donate in the US or internationally](#)

You will receive a tax receipt in Canada or the US for any donation over \$10.

Messages you can share with your patients about spinal disorders

- Spine pain has a greater impact on global health than HIV/AIDs, malaria, stroke, breast and lung cancer combined
- In the developing world, spine related disabilities prevent people from working pushing them and their families into poverty. For example: Imagine being unable to carry water from the well to your home because of a spinal disability. Your spinal disability can strip you of your access to clean water.
- World Spine Care is developing Yoga Teacher Training programs to help bring yoga to communities in need of spine care. Yoga is being used to help prevent and alleviate back and spine pain by the WSC clinical teams and yoga project teams.