

## Your Best Defense Against Back and Muscle Pain

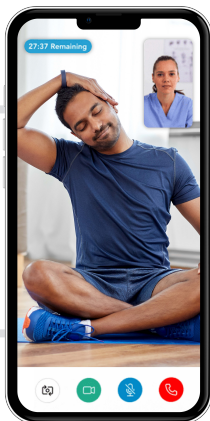
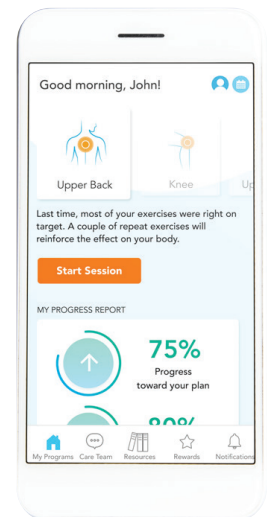
Dealing with back, joint or muscle pain? The SimpleTherapy virtual physical therapy program can help you feel better no matter where the road takes you.



Accessible anytime, from anywhere, this comprehensive digital program blends AI with a dedicated care team to deliver:

- 15-minute guided physical therapy exercise sessions you can do anytime and anywhere
- Live virtual visits with a physical therapist
- Unlimited coaching support
- A care pack filled with everything you need to relieve pain

The best part? It's included with your San Francisco Symphony benefits at no extra cost!



Ready to start your journey to pain relief?  
Visit [www.simpletherapy.com/go/sfsymphony](https://www.simpletherapy.com/go/sfsymphony) today!

