



WORLD FEDERATION OF | FÉDÉRATION MONDIALE DE | FEDERACIÓN MUNDIAL DE  
CHIROPRACTIC | CHIROPRACTIQUE | QUIROPRÁCTICA

# 2023 WFC WORLD SPINE DAY COMPETITION

**MOVE  
YOUR  
SPINE**



**WORLD SPINE DAY 2023**



**October 16, every year, is World Spine Day. This year we're highlighting the need to Move Your Spine!**

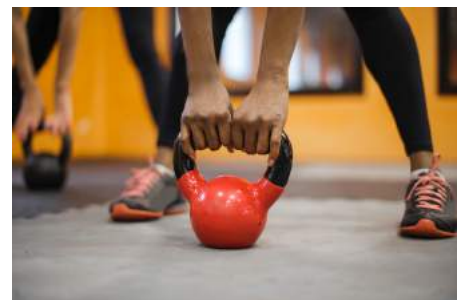
Spinal disorders are among the leading causes of disability. When people cannot move or get around properly, it impacts on their quality of life, their ability to work and their relationships with those around them. In some countries, it can stop people being able to earn a living so that they can feed their families.

World Spine Day raises awareness of spinal pain and disability. This year, our goal is to inform, educate and inspire people of all ages to prevent spine pain and disability by taking good care of themselves with the message of **#MoveYourSpine**.

Prepare now and raise awareness of the importance of spinal health in your community with creative projects for your clinics, schools, offices, communities and neighbors.

Go to the World Spine Day website at **[www.worldspineday.org](http://www.worldspineday.org)** to register your clinic, association or educational institution as a supporter of World Spine Day. Patients, the media and the public will be expecting chiropractors, as spinal health experts, to be taking an active role.

**Get involved for a chance to WIN!**



Here at the WFC, we want to hear how you have celebrated World Spine Day 2023 in your local community. Whether you're a WFC member national association, educational institution or independent chiropractor or clinic, tell us what you've done to make an impact on World Spine Day.

We will be recognizing the best projects and activities, so be sure to share your high-resolution photographs when you share your stories with us.

There are 5 prizes to be won:

### **Professional associations**

First prize: US\$600

Runner up: US\$300

### **Educational institutions**

First prize: US\$600

Runner up: US\$300

### **Clinic/individual practitioner**

Best entry: US\$500

Send in your competition entries by **November 17, 2023** to [wsdcompetition@wfc.org](mailto:wsdcompetition@wfc.org).

Winners will be featured in the January 1, 2024 issue of the WFC Quarterly World Report.



