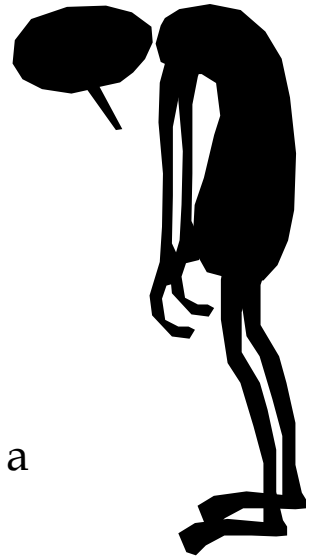


Get Out of that Slump

Postural awareness in the workplace and the lecture will provide awareness and helpful solutions to the widespread problems of pain, deformity, and disability caused by the modern epidemic of poor posture, especially posture in the workplace.

Objectives include:

- Review basic anatomy of the spine
- Increase awareness of how mechanical stress can affect a body with faulty posture
- Increase awareness of postural positioning at work
- Become aware of basic ergonomic modifications and
- Review basic stretching and stabilization exercise programs



Presented by: Amy Doyker
ECHN Physical Therapist

Tuesday, March 2nd, 11:00am
Members Lounge

Registration is required! Space is limited to 60 people!