

The Lunch and Learn Wellness Workshop Series:

“How to Stay Fit While You Sit: Workstation Ergonomics Made Simple”

The human body was not designed to sit for prolonged periods...but that is exactly what most of us do all day at work. Show me someone who needs to sit for long periods and I will show you someone who is destined for headaches, neck pain, back problems, carpal tunnel issues, poor circulation problems and weight gain.

What you will learn at this workshop:

- I'll show you how to ergonomically set up your workstation/computer/keyboard etc. from top to bottom, from forward to backward, inside and out . Often, just a few small changes can make a big difference in how you feel.
- What are the best exercises for sitting induced neck pain, back pain, headaches, carpal tunnel? Come and find out.
- A simple pressure point technique you can use at any time to really take the edge off a headache.
- Prolonged sitting leads to varicose veins. I'll show you a small change in your seat adjustment to prevent/slow down this problem.
- When to use ice and when to use heat? Make the wrong choice and your problem will only worsen.
- And much more.

The workshop is ½ hour long and done on your lunch time. It is hands-on...limited to the first 6 people who sign-up. You will leave with information that can immediately help help you feel better and reduce your risk of developing musculoskeletal problems due to prolonged sitting. I will serve you a tasty and nutritious lunch too! And we will raffle off prizes(movies theatre tickets, massages, etc.).

DATE: _____ TIME: _____

To Sign up: _____

Guest Speaker: Dr. Joseph M. Casalino IV, D.C.
Corporate Wellness Consultant

LUNCH WILL BE PROVIDED