

LUNCH LEARN



TOPIC: ERGONOMICS 101

OBJECTIVES:

- Demonstrate how to effectively position equipment
- Review stretches to keep pain away
- Review postural strengthening
- Discuss the importance of moving periodically rather than sitting for extended periods

SPEAKER:

SARAH WHITE-HAMILTON



A WELLNESS EVENT

WED. SEPT. 7TH | 12:10 - 12:50 PM
LOCATION: KANSAS UNION, ENGLISH RM

Admission is Free. Membership is not required.
Employees can self-report 1 point to Health Quest.