



**Do you have upper back or neck pain and limited mobility?**

## **Are Electronics a Pain in the Neck?**

Technology has improved our lives in many ways. Unfortunately, it could be to the detriment of our necks. Spending two-thirds of the day with our necks angled downward while working on our computers, texting on our phones, or playing on our tablets can lead to chronic pain and even result in a more serious long term condition.

Join us for an educational session to learn about the common conditions caused by repetitive neck stress. You will learn valuable tips that can be applied to prevent the onset of pain. Those currently suffering from a related condition will be shown best practices and exercises to help relieve the pain and discomfort.

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## **Tech Neck Lunch & Learn**

*To be held on Tuesday, July 31st*

**12:00 PM-1:00 PM**

**Central Fire Station (415 W. Tom Landry St.)**

*(Lunch will be provided)*

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RSVP with Human Resources by end of day July 27th

**(800) 404-6050 | AIRROSTI.COM**