



HEALTH AT YOUR DESK

Moving Beyond Good Posture

Join us for an educational and interactive workshop where you'll learn simple, proven techniques to avoid repetitive strain and postural injuries. Increase flexibility, strength, and range of motion while learning **ongoing solutions to relieve tension and stress.**

Health At Your Desk

Session Held on
Thursday, June 27th 2019
12:00PM - 1:00PM

City Hall
Community Room

Please RSVP with Human Resources by Wednesday June 26th

 **AIRROSTI**

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