

# ERGONOMICS

MAXIMIZE ENERGY & PRODUCTIVITY

## WELLNESS @work

Partner with wellness@work to improve your office ergonomics.

Presentation topics include, but are not limited to:

- Injury Free Workplace
- Stay Fit While You Sit
- Stretch and Stride
- Carpal Tunnel
- Stress Reduction
- Balance

Implement wellness into your office. This complimentary offering gives us a chance to introduce ourselves to you. At the same time it is a way for you to show your employees you care! It is a thank you to your employees and gives them free education to make the choices they want for their future.

We will come on a Tuesday or Thursday and bring breakfast or lunch. Inquire about open dates.

We require a minimum of ten people in attendance.

**“Make one healthy choice. Then make another.” SPARKPEOPLE**



Contact [wellness@work](mailto:wellness@work) today!

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