



MIND AND BODY
WELLNESS STUDIO

PROPER WORK ERGONOMICS

**PRESENTATION
DONT MISS IT!**

MIND AND BODY WELLNESS STUDIO

IN THIS TALK YOU WILL LEARN:

- *HOW TO CREATE A POSTURE PERFECT WORKSPACE**
- *DESK-FRIENDLY EXERCISES TO KEEP YOUR MUSCLES HEALTHY**
- *STRATEGIES FOR MAINTAINING POSTURE AND HEALTH WHILE TRAVELING AND WORKING**
- *HOW YOUR NERVOUS SYSTEM PLAYS A ROLE IN ALL OF THIS**