Get Active at Work with Sessions to Get You Moving!

Join Airrosti for a series of educational workshops based on injury prevention and combatting common musculoskeletal conditions associated with various roles and work environments including back pain, headaches, sciatica, plantar fasciitis, and more.

Health At Your Desk
Learn simple, proven techniques to avoid repetitive strain and postural injuries associated with common workplace environments. Increase flexibility, strength, and range of motion while learning ongoing solutions to relieve tension and stress.

- October 12th, 12-1, Clermont Snyder S143

Tech Neck
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.

- October 19th, 12-1, Medical Campus, UHall 450

We've Got Your Back
An educational and interactive intro-workshop where you'll learn simple, proven techniques to increase flexibility and strengthen your back and core — helping you eliminate back pain and prevent future injuries.

- November 17th, 12-1, UC Blue Ash, Muntz 351

Health on the Move
Learn valuable tips that can be applied to relieve and/or prevent lower body pain. Those who are currently suffering from a related condition will be shown best practices and exercises to help relieve the pain and discomfort.

- November 30th, 12-1, Main Campus, TUC 417 ABC

All are welcome to participate!


Questions? Please contact wellness@uc.edu

uc.edu/hr/bewelluc