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.

- February 8th, 12-1, UC Clermont, Snyder 143

### Foam Roller Clinic
Would you like to learn how to improve your flexibility, increase blood flow and circulation and reduce injuries or pain? Join the Airrosti providers for this interactive foam roller class where you will learn how to use this valuable rehab tool. There are limitless ways and modifications for everyone to use a foam roller, which they will teach you how using a foam roller can be an integral part of a healthy and active lifestyle.

- February 26th, 12-1, UC Blue Ash, Walters 100

### Plantar Fasciitis
A complimentary and interactive session to learn about the most common types of foot pain. Those currently suffering from Plantar Fasciitis and other related foot pain are encouraged to attend to learn best practices for relieving discomfort. This session will also include valuable tips and exercises to avoid Plantar Fasciitis and stay pain-free.

- April 5th, 12-1, UC Main Campus, TUC 417

### Headaches
In this presentation you will better understand the different types of headaches, the impact of postural stresses, tools for prevention and tracking your headaches and how Airrosti can positively impact tension headaches.

- April 18th, 12-1, UC Medical Campus, University Hall 244

All are welcome to participate!