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, and more.

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.

• July 10th, 3-4, UC Clermont, Snyder 143
• July 30th, 12-1, UC Blue Ash, Walters 100

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.

• July 26th, 12-1, Main/ West Campus, Swift 508

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.

• July 31st, 12-1, Medical/East Campus, Univeristy Hall 454

All are welcome to participate!

Register now at http://bit.ly/HR-EDGE

Questions? Please contact wellness@uc.edu