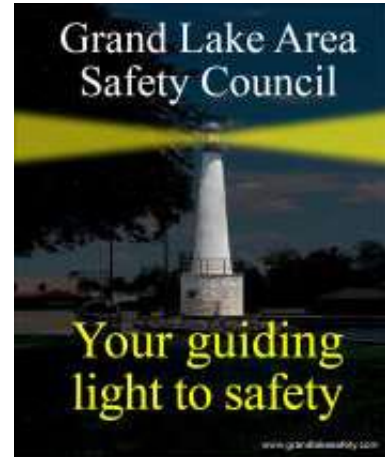


You are invited!
Grand Lake Area
Safety Council Meeting
Wednesday, February 18, 2015
at Romer's Celina.
11:30am to 1:00pm



TOPIC

Office Ergonomics...How's Your Posture Right Now?

Four Objectives of Program

1. Review proper sitting posture & potential risks associated with poor posture.
2. Understand optimal positioning of both body & equipment while working at a computer.
3. Provide an overview of the types of furniture/equipment available to improve office ergonomics.
4. See demonstrations of potential ergonomics solutions.

By

Scott Uhlenhake, PT Services, Physical Therapist & Rehab Director
Jason Winner, Innovative Office Solutions, Account Executive

RSVP by February 13th to Grand Lake Area Safety Council at safety@celinamercer.com or by calling 419 586-2219. This is free to one safety council member and \$10 lunch fee for any extra attendees. This program is open to the public for \$15 and includes lunch.

Visit www.grandlakesafety.com for future programs and details.