



YOU ARE INVITED TO THE

WORKSTATION POSTURE & PAIN FREE WEBINAR

Understand how **inactivity affects your body** and discover a **plan of action** to reduce the risk of developing work-related musculoskeletal injuries.

In this enlightening webinar you'll discover:

The 3 common postural distortion patterns associated with sitting

How to create your ideal workstation by understanding ergonomics and proper set-up

Corrective stretches and movements to help combat postural compensations



Wednesday 11 September 2024 at 4pm
[Click here](#) or scan the QR code to register and join the live session.

In partnership with Staffordshire County Council