



KAPNICK STRIVE SEPTEMBER WEBINAR

ERGONOMICS: PROMOTING GOOD POSTURE AND BONE HEALTH

Ergonomics is all about creating things that work well with our bodies and how we move. To learn more about how ergonomics can impact muscle strains and bone health, tune into the monthly Strive webinar.

Date: Wednesday, September 27, 2023 **Time:** Noon - 12:30 pm EST

Location: For Microsoft Teams login info, please register or scan the QR code below.

<https://info.kapnick.com/strive-library>

