

Use your body at the computer *pain-free!*

- ◆ Optimize your workstation set-up without spending a fortune
- ◆ Improve your movement patterns and get rid of harmful habits
- ◆ Minimize eyestrain and resultant headaches, fatigue, blurry vision
- ◆ Learn to support your body with ease when you sit
- ◆ Simple relaxation exercises for the eyes and body



Ergonomic Self-Help Workshop Avoiding Computer Injuries

Hosted by

Bay Area Video Coalition

2727 Mariposa Street, 2nd floor, SF

Thursday, October 9; 6:30-9:30 pm

\$60

Pre-registration required: 415-558-2126

Taught by trainers from The Body at Work

www.thebodyatwork.com • 415-820-1410

The Body at Work
workplace wellness seminars

Our trainers, *Hilary Bryan, CMA, RMT*, and *Claudia Singer, CLMA, CEAS*, have extensive experience teaching movement analysis, movement therapy, and vision therapy. **We specialize in coaching both groups and individuals.** Clients include the Minnesota Board of Health, Morrision & Foerster, Bay Area Video Coalition, Unitarian Universalist Association., and Business for Social Responsibility.