

Do you sit all day?

Do you have neck or back pain?

Does your job require repetitive movements?



**Donna Sarna Physiotherapy
Is offering FREE 45 minute Lunch and Learn Workshops
to office work groups, in order to promote
wellness and prevent injuries in the workplace**

We will be accepting donations to the Alpha House Foundation, in lieu of charging for the workshop

Choose one or all of the following workshops for your office:

Better Posture Workshop

This workshop will focus on how to achieve ideal posture, as well as exercises and techniques to maintain good posture all day long. Let's make posture fun and important!

Learn to Manage Your Pain – Neck, Shoulders and Upper Back Workshop

Do you have tight and sore muscles in your neck, shoulders and chest? Learn how to manage your pain with various tools such as balls, rollers, stretches and exercises. With the guidance of our physiotherapists, participants will try all the techniques and exercises to help them manage their pain and tension.

Learn to Manage Your Pain – Low Back, Hips and Knees Workshop

Do you have tight and sore muscles in your low back, hips and knees? Learn how to manage your pain with various tools such as balls, rollers, stretches and exercises. With the guidance of our physiotherapists, participants will try all the techniques and exercises to help them manage their pain and tension.



**Lunch & Learn Workshops can be presented to any Winnipeg business
A group size of 8 to 20 is recommended**

Call 452-2608 for more information
or to schedule your Lunch and Learn at your workplace