Moving Beyond Good Posture.

Join us for an educational and interactive workshop where you'll learn simple, proven techniques to avoid repetitive strain and postural injuries associated with common workplace environments. Increase flexibility, strength, and range of motion while learning **ongoing solutions to relieve tension and stress.**

**Health at Your Desk**

**February 23, 12-1pm**

**Gallagher Student Center, Clock Tower Lounge**

[Please RSVP here!](#)