



# Hands That Last: Practical Carpal Tunnel Prevention

**Speaker:** Drew Schwartz, DC

**Location:** Virtual | [ccemployeewellness.com/wellness-insider](https://ccemployeewellness.com/wellness-insider)

**Date and Time:** Wednesday, February 4 | noon - 1 p.m., EST

## Objectives:

1. Discuss the mechanisms of injury.
2. Review ergonomics critical role.
3. Discover how to improve musculoskeletal health.

**All caregivers are welcome to attend this presentation.**