



## Hands That Last: Practical Carpal Tunnel Prevention

**Speaker: Drew Schwartz, DC**

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