



WELLNESS INSIDER

WFH Walkthrough: Healthy Work-from-Home Practices

Wednesday, March 2, 2022

Speaker: Drew Schwartz, DC

Location: Lerner, NA5-08

Time: 12:00pm-1:00pm

Objectives:

1. Review ideal workstation setups for laptops and desktops.
2. Discuss movement promotion and targeted exercises.
3. List tips for healthy desking.

*Watch live at ccemployeewellness.com/wellness-insider
All caregivers are welcome to attend this presentation.*