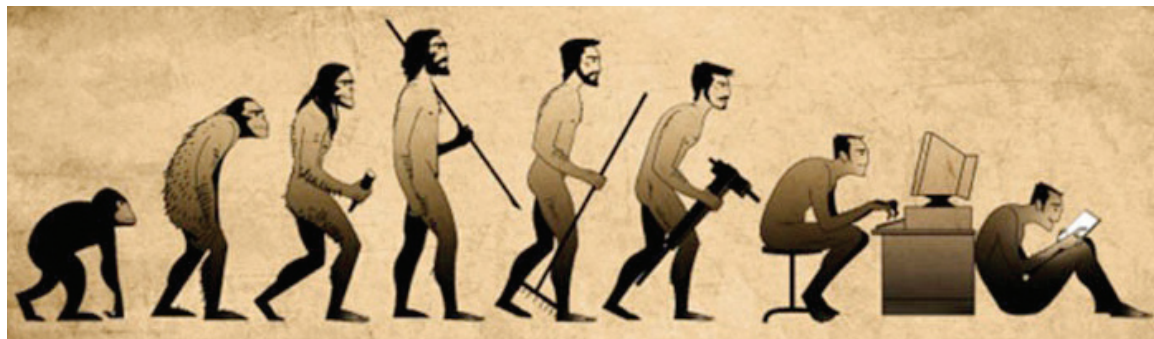




**WELLNESS
LECTURE
SERIES**

TECH-PROOF YOUR POSTURE

Do your homework and get rid of the hunch!



Find out how your techno-hunch causes muscle imbalances like “upper-crossed syndrome”.

Learn a few simple techniques to get rid of that pain in your neck and get your posture back on track!

Wednesday, March 22, 2017
J. W. Smith Student Center
12:30–1:30pm

Everyone is welcome
Flex Credit/CPGU available!