



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



2020 Series



Ergonomics is the process of designing and arranging everyday things that people use, so that people can interact with them most effectively and safely. Sitting correctly at your desk, posture, exercises for low back, knee and neck pain and treatment options will be discussed.

Beating Back Pain: Posture & Ergonomics to the Rescue

Register Here

Participant will receive a confirmation email with the attendee link and call in number upon registration.

Date: September 9, 2020

Time: 12:00pm – 12:45pm

Los Angeles County
DEPARTMENT OF

Human Resources

