



STRAIGHTENING THE CURVE: SPINAL TIPS

Are you feeling stiff? Are your neck, shoulders or back sore? Is the increase in VRI jobs causing you to feel pain? Then join us online for an interactive session to address these issues and to equip yourself with the knowledge to prevent and manage this into the future.

WEDNESDAY AUGUST 5, 2020

5:30-6:30PM VIA ZOOM

FREE - OPEN TO ASLIA MEMBERS ONLY

NAATI 1.4 (10PTS)

Facilitated by Carolyn Lockman, a holistic physiotherapist with over 20 years experience and Monique Stern, an Auslan interpreter with a background in massage and myotherapy.

