

## **Blackduck Choice Therapy team about Home Ergonomics**

Community members are invited to the GFWC Blackduck Tri Sigma meeting on Monday, September 24th at 10:15 AM in the Blackduck High School Media Center to hear from our Blackduck Choice Therapy team about Home Ergonomics. This interactive presentation will focus on body mechanics and ergonomics so we can complete activities in our homes safely and without straining our necks, backs, and hands. We will all learn some stretches we can do to make starting the day easier, and everyone will leave with a copy of the stretching program as well as a list of household tips to benefit energy conservation. The Choice Therapy team has a passion for sharing this type of information, and you are sure to be treated to a high energy, enjoyable talk!