



Injury Prevention and Ergonomics

This course will define ergonomics and identify risk factors in the home and workplace, outlining exercises to improve posture and reduce related injuries.

**Injury Prevention
and Ergonomics**
Thursday, June 30
12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

Horizon Health Guide has the Answers. Call 1-800-414-SHBP (7427).

