

Active Seating Solutions For Spine Health

Presented by
Marcia Tassinari, M.P.T.
and
Bob Tripp, ARC Ergonomics

MYTH: A slouched posture is normal when sitting

FACT: Your health can benefit from proper seated alignment

LEARN: Solutions that really work and optimal ergonomic seating

- Learn why you would want to sit differently
- Experience how to overcome the obstacles to stable sitting
- Improve reach, vision health, and your home life environment
- Discover why some common ergonomic practices may not suit you

Thursday, August 12th, 12:00-2:00 p.m.

The Spine Revolution

114 N Rios Avenue, Solana Beach

FREE Seminar

R.S.V.P. (858) 581-0062



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