

# Move WELL



# Work WELL

**SEPT 17 - 23, 2023**

**Learn to identify the warning signs to prevent the pain of repetitive strain and other soft-tissue injuries.**

## **Daily Webinars**

30-45 minute virtual learning sessions.

[Register in advance](#)

## **Podcasts**

New episodes of The Signal.

## **Safety Shares**

Topics for workplace safety talks.

## **Online Resources**

Information on ergonomics and musculoskeletal injuries.

## **On-site Visits**

Complete our online form to request a visit.

Space is limited so register today.



Scan for more information:

