

# Join us to kick off *Move Well Work Well* Week 2025

When we **move often** and **use good body mechanics**,  
we **reduce our risk** of developing an MSI and remain  
productive, comfortable and healthy.

Let's come together to learn practical solutions for prevention  
during Move Well Work Well Week and all year round.

WHERE:

WHEN:

WHAT:

Stay strong. Stay safe.

Learn about  
**MSI prevention**

SCAN FOR MORE  
INFORMATION

