

Presented By
 AIRROSTI



HEALTH AT YOUR DESK: REDUCE THE STRAIN OF REPETITIVE STRESS.



EDUCATIONAL WEBINAR

Move Beyond Good Posture to Prevent Pain

Is too much sitting contributing to your chronic aches and pains? Spending hours at a desk can lead to pain throughout the upper body and lower back. Proper posture is essential, but it's only the first step to improve back and neck health. Join [Airrosti](#) for an interactive workshop where you'll learn simple, proven techniques to reduce repetitive strain, improve range of motion, and increase strength.

November 17, 2020

12:00 pm – 12:45 pm

RSVP



VIRTUAL INJURY ASSESSMENT

Complimentary 20-Minute Injury Assessment

[Airrosti](#) Providers are experts at accurately diagnosing and resolving musculoskeletal pain and injuries. Now, we're able to bring that expertise to you through a convenient virtual environment. If you are suffering from [chronic pain or acute injuries](#), sign up for a free, no obligation virtual assessment to discover the source of your pain and your treatment options.

November 17, 2020

1:00 pm – 3:00 pm

REGISTER

No special equipment is required to attend an Airrosti virtual event besides a basic smartphone, tablet, or laptop.

This complimentary injury assessment is for educational purposes and is not intended to induce a paid visit, nor does it require any individual to schedule a subsequent appointment with an Airrosti Provider. You are free to seek an opinion from the health care provider of your choice for a more thorough examination and treatment. All of the component services of this assessment that will be provided to you at no charge include a clinical guideline evaluation along with a report of findings. We will charge for any additional services.

[\(800\) 404-6050](tel:(800)404-6050) | [AIRROSTI.COM](https://www.airrosti.com)

