

# **The Office of Human Resources**

*Invites you to a*

## **LUNCH & LEARN Seminar**

### ***Office Exercise, Ergonomics and Back Pain Prevention***

*presented by:*

**Roberta Bergman, M.S. Dance/Movement Therapy**

**Where: University Commons, Room 216**

**Date: April 16, 2014**

**Time 12:00pm—1:00pm**

Come join us in this session to learn about some of the most common causes of back and neck pain as well as techniques to stretch and strengthen muscles.

#### **Participant Outcomes**

- Improve back mobility, flexibility of the spine
- Prevent chronicity of back pain episodes and decrease duration of impairment
- Strengthen postural muscles and improve posture
- Increase muscular strength

Create a holistic approach to leading a healthy lifestyle and strong back

Roberta Bergman, M.S. Dance/Movement Therapy, Certified Group Exercise Instructor, Aqua and Fitness Trainer. Roberta is also a Public Speaker, specializing in back pain prevention, children's fitness and healthy lifestyles.



***To reserve a seat, please respond via email to [HUMANRESOURCES@wpunj.edu](mailto:HUMANRESOURCES@wpunj.edu)  
or contact Myrna Torres at extension 2887***



***“Bring a Buddy & your Brown Bag”***

