

The Office of Human Resources

Invites you to a

LUNCH & LEARN Seminar

Back Safety for Gardening

presented by:

Dr. Toni LaSala

Department of Kinesiology

Where: University Commons
Student Center Room 216

Date: April 24, 2015

Time: 1:00pm to 2:00pm

Come join us learn about the common causes of back problems and do's and don'ts. Discussion includes back safety techniques for gardening and other tasks, stretch and strengthening exercises.



To reserve your seat, please email HUMANRESOURCES@wpunj.edu



“Bring a Buddy & your Brown Bag”

