

THE · CITY · CLUB

SAN FRANCISCO

Complimentary for our members...

“Surviving the Workstation”

Presented by Dan Shapero, D.C.
fellow City Club member and
Chiropractor to USF Men’s Basketball

Free lunchtime seminar that teaches how to
maximize individual health while at work.

Is your ergonomically
correct work station enough?

A healthy body cannot be achieved by ergonomics alone. Your employees will be given concepts that they can immediately use to:

- reduce repetitive stress injuries and common workstation ailments
- add to their productivity while reducing the stresses on the body
- achieve increased energy through stretching and other on the job techniques

Will not increase equipment cost to your company!

Can reduce work compensation claims

Call 397-2544, dates and times limited!

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