



Wellness Week

BY CAPITALAND COMMERCIAL TRUST

Office Ergonomics



Program includes:

Definition of ergonomics - how to sit, stand & walk properly.

Ergonomics in workplace, home and play:

How to make your work area more ergonomic - better health leads to better productivity.

Causes & effects of bad ergonomics in your day-to-day life

Exercising - are you doing it right?

Illustrated examples via images & simulations:

Sitting ergonomically

Bad postures

Real life examples of bad ergonomics

FRIDAY, 03 AUGUST 2018, 12.30PM - 1.30PM

SIX BATTERY ROAD

THE EXECUTIVE CENTRE (L42)

[Click here to register](#)

Participate and receive 10,000 STAR\$®, a 1-week Fitness First trial pass and stand a chance to win lucky draw prizes!



THE EXECUTIVE CENTRE