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Jacksonville-Onslow-Lejeune Chapter
of the
International Association of Administrative Professionals®
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“Protect Your Health with Office Ergonomics – What You Need to Know”

Did you know that certain stretches may help strengthen muscles and reduce the likelihood of computer-related injuries? Routine activities like typing or using the phone can lead to injury over a period of time, and stretching can help relax your muscles and improve circulation. Repetitive stress (or strain) injuries can cause a lot of unnecessary pain and potentially make simple office tasks impossible. As more and more of us spend time on the Web and doing e-mail, the incidence of RSI is rising.

Properly setting up and using your workstation may be the single best way to prevent computer-related injuries. The Jacksonville-Onslow-Lejeune Chapter of IAAP is hosting a presentation on “Ergonomics – What You Need to Know” presented by Donna West, Onslow County Health Department. Here you'll learn what ergonomics is, why it is important and techniques to combat ergonomic stressors.

The presentation will be held during the monthly Chapter meeting at 5:30 p.m., on Thursday, June 11, 2009 at Marine Federal Credit Union, 4180 Western Blvd., Extension, Jacksonville, NC. (Note: Please use the rear entrance). Chapter meetings are open to all Administrative Professionals.

To learn more about the Jacksonville-Onslow-Lejeune Chapter of IAAP visit:

www.iaap-jol.org



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