



BALTIMORE COUNTY BAR ASSOCIATION
Professionalism Committee

May Virtual Wellness Series – 4th in a Series of 6
Avoid the Slouch & Slump: Work from Home Ergonomics

Thursday, May 21, 2020
11:00 a.m.

SPEAKER **April K. Luby, PTA, CWcHP, ACSM EP-C**
Physical Therapist Assistant, Health & Fitness Coach,
Caregiver Advocate
www.oppt.biz
www.care4thegiver.com

PROGRAM CHAIR William F. Alcarese, Jr.
Suzanne K. Farace
Ari J. Kodeck

LOCATION Virtual – link will be emailed upon registration

COST BCBA Members, FREE: Non-Members, FREE

Learn about how your posture can affect you; ways to change your home workstation to reduce pain; and tips and tricks to help you reduce onset or decrease pain while you work. You may even see a familiar face!

Wellness Series

May 6, 11am, Wellness Wednesday with Wendy
May 11, 11am, Managing Children at Home While Working Remotely
May 19, 10am, Stress Eating; Strategies to Help Put You Back in the Driver's Seat
May 21, 11am, Avoid the Slouch & Slump: Work from Home Ergonomics
May 26, 3pm, Flow & Strengthen Yoga
May 28, 11am, Stretching for Stress Relief
