

Workplace Ergonomics Workshop

Learn How to Protect Your Back!

Standing
Sitting
Lifting

Poor posture combined with habitually incorrect body mechanics stresses the spine and its ability to carry the bulk of your body weight.

Learn simple steps to prevent an injury.

October 28, 2014
9 a.m.–3:30 p.m.

Carl DeSantis Building
H. Wayne Huizenga
School of Business
and Entrepreneurship
Room 1053/1054

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Jennifer Shamus has been a physical therapist for more than 20 years. She is a market manager for Select Physical Therapy and specializes in the biomechanics of the human body. Shamus lectures across the country to injured athletes, physical therapists, and case managers. She has assisted thousands of workers in injury prevention and rehabilitation.

Employees can select specific times to attend the workshop by signing up.

