



6 February 2017

I am writing to invite you to our FREE upcoming community event focusing on the physical demands of our super tech world and what you can do to minimise the health implications in children and adults.

iPOSTURE

Wednesday, 1st March @ 7.30pm – Tuart Hill Community Centre (Cape & Stoneham Streets)

iPosture – focusing on excessive screen time, tech-neck and technology posture awareness.

This FREE community talk is for school Principals, P&C, teachers, parents and community members.

As Wellness Champion Doctors, we understand the impact of too much screen time, heavy backpacks and resulting poor posture on our overall health. We are seeing more often the effects of things like 'tech-neck' from increased screen time in everyone from students, to teachers, to parents, office workers and beyond as well as the increase in low-back restriction from having a very sedentary lifestyle (they say nowadays, sitting is the new smoking!) Ultimately, these things combined can impact the ability of both kids and adults to effectively learn, concentrate, focus, sleep & deal with everyday stress.

It is our aim to offer some practical information and preventative measures as our body's try to keep up with the demands of technology as our primary way learning, working and communicating in this day and time. Our Wellness Champion Doctors are health experts whose aim is to maximise wellness in the workplace and learning environments. We offer smart advice to educate and create healthier individuals through proactive choices. In essence, small achievable changes to everyday habits that can lead to a more balanced approach to study, learning and work, with lesser health implications in the future.

Our Wellness Champions Doctors have recently completed presentations with a number of different businesses and schools in the area including Shenton College, Perth College and Westpac Financial Planning in Perth City with very positive feedback.

I would be very happy to speak with your further in regards to your staff and community members attending this event. Some flyers are included if you would like to advertise at your school or workplace.

To RSVP, please go to our Eventbrite link for your FREE tickets. <https://tinyurl.com/iposture-talk>

We will follow up with you in the next few weeks to answer any questions that you may have. In the meantime, please feel free to contact me on 0411 795 809 or email perth@mywellnesschampions.org

Best Regards
Fiona Crawley