

Community Education Service

Tech Neck

Presented By: Dr. Amanda Tulk D.C., Chiropractor

October 24 , 2018

12:00 pm - 1:00 pm

Sign in: 11:45 am

**Cochrane Community Health Centre
60 Grande Blvd, Cochrane**

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Are your teens and tweens spending endless hours on electronic devices?

A phenomenon called Tech Neck (yes... it's so prevalent, it's actually been named) is having detrimental effects on the posture and health of our youth Our mission is to educate our community in prevention of postural related-problems with a grassroots approach.

The good news: Tech Neck is totally preventable with a proper awareness and understanding of what causes it, and some simple strategies to prevent it.

This workshop is interactive and applicable to all ages.

* Also Available Via Webinar *

Level I: This session presents an overview of how technology can affect posture, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services.