

# Community Education Service **FREE WEBINAR**



## Tech Neck

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

**October 24, 2018**  
**12:00 pm – 1:00 pm**

**Register:** <http://community.hmhc.ca/sessions/?p=online>

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.