

Community Education Service FREE ONLINE SESSION



Tech Neck

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

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

**Session available until:
December 31st 2018**

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 session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Dr. Amanda Tulk.