

How to Sit, Stand, and Work Smarter in Academia: Ergonomic Considerations

with Jon Cinkay, PT
Thursday, September 20, 2018
3:00 pm –4:00 pm, Room 9204



Join us for this helpful workshop!

Learn how the body is affected by our everyday habits and work environments, injuries that can result, and simple adjustments you can make to prevent them!

The event is FREE and open to all students, staff, and faculty!

Pre-register by September 18th

E-mail healthed@gc.cuny.edu with your full name and email address.

Jon Cinkay is a physical therapist and exercise physiologist at the Hospital for Special Surgery Rehabilitation Department. He is the Body Mechanics Coordinator at HSS, promoting safe body mechanics.

