



## Manage Your Health Series

# Healthy Ergonomics at Your Desk

Presented by [Cincinnati Sports Club](#) and [TriHealth](#)

**Tuesday, March 8, 6 p.m.**

Registration: [Healthy Ergonomics Registration Link](#)

With busy days spent at our desks working, studying and participating in virtual meetings, it's easy to become less mindful of our posture. Unfortunately, poor posture and improper workspace set-up can have long-lasting effects on your health, including muscle tension and pain. Join us to learn ways to improve your posture, modify your workspace, and incorporate small changes into your day such as microbreaks to better support your overall well-being. Participants may attend in-person at the [Cincinnati Sports Club](#) or join us virtually via a webinar link emailed prior to the program.



**Kevin Kouw Gutierrez, PTA, CEAS III**  
Ergonomic Rehabilitation Therapist, [TriHealth Corporate Health](#)

As a Certified Ergonomics Assessment Specialist and Licensed Physical Therapist Assistant, Kevin finds the most rewarding part of his profession to be helping people improve their overall quality of life, especially when it comes to preventing the effects of chronic pain before they become a major issue. In his role with TriHealth Corporate Health, he performs ergonomic assessments for TriHealth team members and employees of area companies to help prevent injuries and increase safety, productivity and well-being in the workplace.

