



## Crimes Against Spines

Many of us don't treat our neck and back as well as we should. Improper lifting, poor posture, weight gain, and not having an exercise routine can all lead to an unhealthy spine. In this workshop, we explore areas of neglect and improve our knowledge of spinal anatomy and function.

Attend a November webinar and be entered to win an HMSA prize pack.

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PRIZE



**Choose a session and register today!**

### Date & Time

**Wednesday  
November 2, 2022  
Noon - 12:45 PM**

[Register here](#)



**Speaker  
Pete Clines**

Health & Well-Being  
Educator

### Date & Time

**Thursday  
November 17, 2022  
11:30 AM - 12:15 PM**

[Register here](#)

### Webex Event

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**[Click here to watch recorded webinars at your convenience.](#)**

Recordings will be available within 5 business days from the first webinar date.

To test your device for Webex, click here.

**Additional information for City and County of Honolulu employees:** The information provided in this flyer is from the EUTF. City computers may be used to participate in EUTF webinars. Participation is voluntary and is to be done on the employee's own time.

Questions?  
Contact Pete Clines

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