



2026 EUTF HMSA Health Education Webinars

Crimes Against Spines

Many of us ignore our neck and back. Improper lifting, poor posture, weight gain, and lack of exercise can contribute to an unhealthy spine. Learn about these areas of neglect and what you can do to help prevent pain and injury.



Register Today. 

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Tuesday, July 28



11:30 a.m. - 12:15 p.m.



Attend and be entered for a chance to win a \$100 Amazon e-gift card.
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