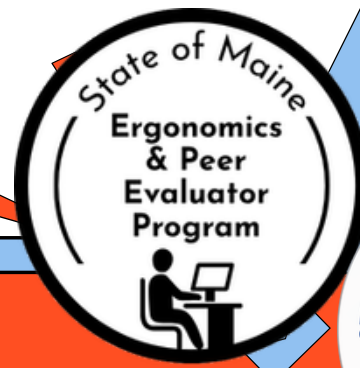


Learn the essentials of
Workstation Ergonomics
in **45 Minutes!**

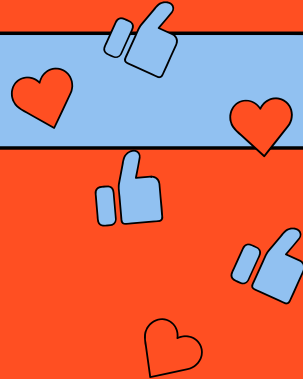


BASIC WORKSTATION ERGONOMICS

45 Minute Online Teams Class
Tuesday, October 27, 2026 at 12:00
Noon

PRESENTED BY JASON WADE, OT, CEAS

**Grab a Lunch
& Learn!**



Computer, chair and
posture:

How to be sure you are
set up for long term
comfort and success

**MICROSOFT TEAMS
MEETING
JOIN:**

<https://teams.microsoft.com/meet/230883705861131?p=RYlptTCimkxZJ7aSP>

FMI Email: StateOfMaineErgonomics@MaineGeneral.org