

*The Jersey Shore Association for Human Resources is a SHRM affiliated chapter*



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## Stretch for Success

### - Proactive Prevention with Corporate Wellness Programs -

A healthy workforce and a safe work environment are key to the success of an organization's mission. Along with clearly communicated workplace safety policies and procedures, properly training employees about self-care can greatly prevent unnecessary costs related to workers' compensation. This one-hour interactive program will focus on prevention of injury and improving employees' postural awareness and correction.

The program will demonstrate why a stretching program is beneficial to office staff when properly utilized throughout the workday. Rhea O'Connor, a physical therapist, will introduce a time-efficient stretching program that can be incorporated into the typical day of more sedentary employees. These sustainable stretching and warm-up exercises combine theory with practical application. They help reduce the risk of musculoskeletal disorders by reducing fatigue and stiffness; and improving posture, muscular balance, and flexibility. Attendees will receive handouts as reference that can be used to educate and train employees in the work place.

**Learning Objectives:** Upon completion of the session, you will be able to:

- Understand "safe" postures and techniques for performing work related tasks
- Develop "safe" and "optimal" postures and work habits to reduce the risk of injury
- Discover early warning signs of MSDs and put control measures in place to prevent injury

**About Rhea O'Connor:** Rhea N. O'Connor is a physical therapist with 28 years of experience. She holds a B.A. in Physical Therapy from the University of the Philippines. She has experience in various clinical settings: acute care, sub-acute care, home care, and outpatient care. O'Connor is currently the Physical Therapy Manager for Meridian Occupational Health where her focus is on treating work-related musculoskeletal disorders, and performing ergonomic evaluations that include workstation assessments, development of safe material handling techniques, and stretching programs and training that are customized for individual job descriptions. She also administers post-offer pre-employment testing for companies.

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**Thank you to our meeting sponsor:**



**June 14, 2018**

7:45 a.m. Networking and Breakfast  
9:00 – 10:00 a.m. Program

**Jumping Brook Country Club**

210 Jumping Brook Road, Neptune N.J.  
[www.jumpingbrookcc.com](http://www.jumpingbrookcc.com)

**R.S.V.P. by 4:00 p.m. on  
Friday, June 8, 2018**

online at <http://jsahr.shrm.org/events>  
or email at [admin@jsahr.org](mailto:admin@jsahr.org)  
or call JSAHR at 732-701-7155

**Registration Fees (includes breakfast)**

\$30 for JSAHR members  
\$40 for non-members

\$25 for those in-transition and guests  
\$10 for students with valid ID  
\$10 additional fee for walk-ins

**"No shows" will be billed**

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*This program is approved by HRCI for one credit hour and is pending approval by SHRM for recertification credit.*

*JSAHR is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CP or SHRM-SCP.*

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