

Online Spine School now offering 3 new webinars.

Source: *Online Spine School*

Dated: *Mar 05, 2008*

Online Spine School is now offering 3 new webinars teaching how to improve posture, improve lifting techniques, reduce back injury, reduce back pain and improve overall wellness.

Online Spine School, LLC an internet based small private company out of Cumming, GA is now offering 3 new webinars open to the public and business industry. Their first webinar **Complete Spine Care** made available January '08 includes education in basic anatomy, risk factor reduction, posture improvement, body mechanic education, exercise instruction and more. The 3 new webinars range in price from \$9.95 to free and are titled:

- **10 Step Wellness Program**
- **Proper Lifting 101**
- **Anatomy 101**

Online Spine School was formed in March 2007 with the goal of improving posture, improving lifting techniques, improving body mechanics, reducing back pain, reducing the risk of back injury and improving wellness. "I am very excited to offer these new courses and really hope to make a difference in people lives" says compnay CEO Kirk Stewart who has over 10 years of clinical experience as a Physical Therapist. Kirk himself sufferd a disc herniation in 2002 which required surgery and reports "ever since my surgery I can't stress enough the importance of back care education and prevention".

All the webinars can be found at www.onlinespineschool.com and utlize a custom "course classroom" or course player allowing for easy navigation and fast downloads.

| | |
|----------|--|
| Category | Medical, Health, Internet |
| Tags | posture, pain, improve, Wellness, ergonomics, risk, neck, lifting, techniques, back, spine, herniated disc, strain |
| Email | Click to contact author |
| Website | http://www.onlinespineschool.com |
| Country | United States |
| Link | http://prlog.org/10055092 |



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online