

Safety and Health Talks and Workshops



Enhance your well-being with physiotherapist-led sessions on pain management, injury prevention, and maintaining peak physical health. These workshops and talks will provide practical insights and techniques to help you live a healthier, more active life.

Sessions:

Chronic Pain & Stress Workshop
7 Oct, 12pm - 1pm, Codon

Repetitive Stress Injuries Talk
9 Oct, 12pm - 1pm, Online

Healthy Muscles & Joints Workshop
10 Oct, 3pm - 4:30pm, MPH2

We like to move it move it! Talk
11 Oct, 12pm - 1pm, MPH2

Mindful Mobility Pilates
11 Oct, 3pm - 4pm, Infuse Theatre

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