



## The Perils of Sitting

With Scott Lawrence, Osteopath

**Tuesday, Feb 12, 2019 from 12:00 – 1:00 PM in AH100**

IS SITTING REALLY THE NEW SMOKING? SCOTT LAWRENCE WILL PUT FORWARD THE MOST RECENT THINKING IN THIS FIELD, ALONG WITH SOME IDEAS AND EXERCISES YOU CAN DO AT YOUR DESK TO COUNTERACT THE UNCHANGING POSTURE OF SITTING.

**BRING YOUR LUNCH AND JOIN US!**

Scott Lawrence moved to Lethbridge just over a year ago graduating as an Osteopath from the University College of Osteopathy, London, in 2010. Before Lethbridge he worked in Vancouver and then Calgary, working on a wide range of ailments. He started Reset Osteopathy and currently works at the Medicine Tree Healing Arts Centre.

More information on Osteopathy can be found at [www.resetosteopathy.com](http://www.resetosteopathy.com)



Register online at: [wellness@uleth.ca](mailto:wellness@uleth.ca)

