
(your) Back @ Work



Deanna Anderson, RSMTE

Registered Movement Therapist Educator

In this useful (and fun!) program, you will learn how your breath, spine, back muscles and connective tissue are all meant to work together. You will acquire simple techniques to help your wonderful body function more optimally. We will discuss the facts and fallacies around the buzzwords “Core Strength”, and explore healthy ways to engage *true* core support in your everyday activities. You will integrate a series of simple but effective movement patterns you can incorporate into your daily life - at work, at play and at rest. This program will help you keep your back healthy, strong, and flexible. You can experience more comfort and less pain as you move through your day.

***To schedule a workshop with Deanna Anderson contact
Stanford Health Improvement Program (HIP) - Wellness On Wheels
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