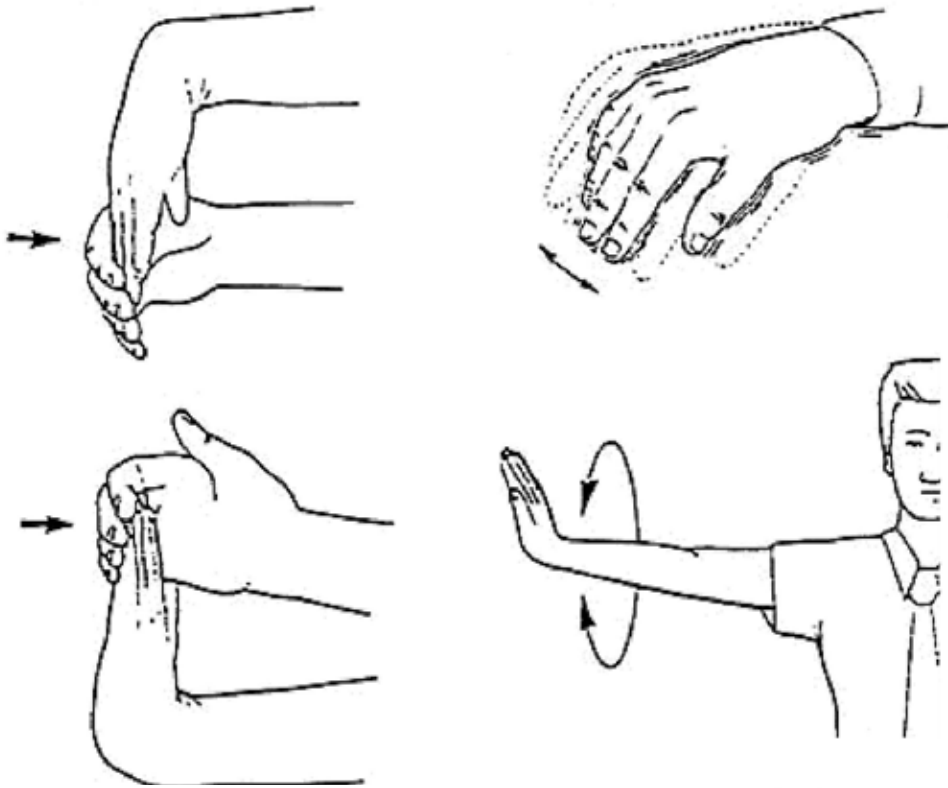


Office Chair
Stretches to
Help Prevent
Pain & Strain



Simple stretches
that can help
prevent repetitive
stress injury (RSI)
or carpal tunnel

