Better Back Health for Champions

Looking for ways to improve back health?

**Lunch and Learns** – Sample topics
- Proper workstation positioning
- Stress Relief Presentation
- Yoga/Stretch session
- Desk workout routines

**10 minute tune up** – Same as above, shortened to fit break schedules

**Department chair massages** – arrange for department mini chair massages by getting in touch with these providers

Contacts
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**MUSC Massage Therapy**: Offers discounted pricing for massages for MUSC employees.
http://academicdepartments.musc.edu/hsc/membership/services/massage/newmassage.html