

FATIGUE AWARENESS



Thursday, December 17, 2015

Devens Common Center 31 Andrews Pkwy, Devens, MA 01434

8:30 am- 10:00 a.m.

Presented by MIIA and PC Conditioning Personal Training Services

Paul Connolly, will lead this workshop on fatigue awareness which will address such topics as: back pain, hydration and maximizing energy in an effort to reduce fatigue related accidents and injury.

Find out how something as simple as the quality of your sleep or the "right" way to lift can improve your energy and reduce stiffness.

As part of the presentation, attendees will participate in some basic stretching techniques as well as come away with tips for reducing fatigue and applying what they learn to improve the quality of their life both at home and at work.

About the Trainer

Paul Connolly, Founder of PC Conditioning Personal Training Services, is a National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT) based in Watertown, MA (suburban Boston).

MIIA members attending this workshop are eligible for .5% off of their FY16 renewal premium under the Workers Compensation category.