



Peter March & Georgina Reed

*Book an **Active Seating** session
to bring you up to speed with
posture and seating*

During our 45-minute **Active Seating** session, we will explain the following:

- How to adjust your chair
- Correct way to sit for best posture support
- What components are in a good task chair
- How you'll know a good chair when you see it
- Why cheap chairs are not good value
- What to do if your posture problems are more serious

If you or someone you know has a bad back, stiff neck, burning shoulders or other posture issues, possibly caused by a faulty or badly adjusted chair, don't put up with the pain. We can help you find out the underlying cause and what you can do about it.

During our entertaining and informative **Active Seating** talk you'll discover why good posture and a good supportive chair can help improve your health.

We'll show you how to adjust your chair correctly, how to arrange your office and desk ergonomically and advise you about other aspects of your workplace that could be adversely affecting your well-being.

You'll also learn the importance of frequent regular movement and what that requires which, believe it or not, doesn't include hours of sweaty exercise.

To book an **Active Seating** session (we'll come to you) or for more details please contact

Peter March 0418 483 878

Architect (Ret), Interior Designer + Industrial Designer.

Furniture Designer & Seating Specialist.

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Fine Print: The cost of an **Active Seating** Session is \$120 - available for home offices or small businesses in the lower North Shore area.