

SUPPORT YOUR TEAM'S **MUSCLE & JOINT HEALTH!**

Airrosti's workshops and events are designed to educate your team on how to prevent and manage everyday aches and pains. Whether in person or virtual, we make it easy and impactful.

Workshops

Whether your team is on their feet all day or sits at a desk, we offer engaging, practical sessions that meet them where they are. See the list below for our **complimentary** workshops!

- Back Pain & Spine Surgery Prevention
- Best Foot Forward: Avoiding Plantar Fasciitis
- Body, Mind, & Wellness
- Foundations of Fitness
- Headaches: It's Not Just in Your Head
- Head & Shoulders Above Pain: Preventing Shoulder Injuries
- Health at Your Desk
- Health Behind the Wheel
- Health on the Move: Addressing Lower Body Pain
- Lacrosse Ball: Upper Body
- Lacrosse Ball: Lower Body
- Pre-Shift Warmup
- Steps Toward a Better You: Running & Walking Injury Prevention
- Tech Neck: Common Conditions Caused by Technology
- We've Got Your Back

All workshops are available in webinar format!

Assessment & Treatment Events

**PAIR WITH A WORKSHOP
FOR THE MOST IMPACT!**

Experience what we do firsthand! Injury Assessment Events and Experience Airrosti Days give your employees direct access to a licensed Airrosti Provider. These events are designed to reduce time away from work, improve recovery times, and make it easier for your team to feel their best.

INJURY ASSESSMENTS

Employees can sign up for a **no-cost**, no-pressure evaluation from an Airrosti Provider. In-person and virtual format available.

EXPERIENCE AIRROSTI DAY

Includes a full evaluation, diagnosis, and hands-on treatment from an Airrosti Provider. Due to the hands-on treatment component, this event is only available in-person.

PICK A DATE AND WE'LL HANDLE THE REST!

Airrosti will coordinate with the HR & Benefits team and manage everything from event registration to promotional materials.