



LEARN ABOUT OUR WORKSHOPS & EVENTS. SCHEDULE ONE FOR YOUR TEAM!

Support your employees' health and wellbeing with complimentary muscle and joint care workshops from Airrosti. These sessions are designed to help your team prevent, manage, and recover from everyday aches and pains. Whether delivered in-person or virtually, our workshops are practical and engaging.

We make it effortless for HR and Benefits teams by handling every detail, from event registration to promotional materials. All you need to do is choose a date, and we'll take care of the rest.

Reach out today to schedule an Airrosti workshop or event for your team!



▶ **START HERE**

We recommend starting with our **“What is Airrosti”** workshop. Employees will learn what Airrosti is all about and how to access care when needed.



MOST POPULAR:

- **Health at Your Desk:** Teach employees how to reduce tension and stay comfortable during long hours of sitting.
- **Health on the Move: Addressing Lower Body Pain:** Give your members simple stretches to ease hip, knee, and leg pain from long days on their feet.
- **Tech Neck: Common Conditions Caused by Tech:** Teach members how to prevent neck and shoulder strain from constant screen time.

NEW & TRENDING:

- **Active for Life:** Encourage employees with simple ways to stay strong, mobile, and healthy at every stage.
- **Head, Shoulders, Knees and Toes for Educators:** Give educators the tools to ease pain from long days of standing and moving.
- **Smarter Sleep:** Help your team reduce muscle and joint pain that interferes with rest and learn movements that promote better sleep and recovery.

EXPLORE OUR FULL LIST OF SESSIONS COVERING PAIN PREVENTION, MOBILITY, FITNESS, AND WHOLE-BODY WELLNESS.

- **Back Pain & Spine Surgery Prevention:** Help employees protect their backs, reduce pain early, and lower the risk of surgery.
- **Best Foot Forward - Avoiding Plantar Fasciitis:** Keep your team moving with simple tips to prevent foot pain before it starts.
- **Body, Mind, & Wellness:** Help members see how muscle and joint pain affect mental health and how movement and stress relief can restore balance.
- **Foundations of Fitness:** Give employees the tools to safely build strength, improve mobility, and stay active.
- **Head & Shoulders Above Pain - Preventing Shoulder Injuries:** Help members protect against shoulder pain with simple stretches and posture fixes.
- **Headaches - It's Not Just in Your Head:** Show your team how posture and tension trigger headaches and easy ways to find relief.
- **Health Behind the Wheel:** Support employees who drive or commute with strategies to prevent stiffness and pain.
- **Lacrosse Ball Lower Body:** Employees discover how a lacrosse ball can relieve soreness in hips, calves, and feet.
- **Lacrosse Ball Upper Body:** Hands-on session where employees learn to release tightness in the neck, shoulders, and back.
- **Ready For Work:** Prepare your team with quick warm-ups that prevent pain and keep them strong throughout the day.
- **Steps Toward a Better You: Running & Walking Injury Prevention:** Help employees avoid common injuries while staying active through walking and running.
- **We've Got Your Back:** Show employees everyday moves to strengthen the core and keep their backs healthy.

Pair your workshop with an **Injury Assessment** Event or an **Experience Airrosti Day** to maximize results. Our team comes directly on-site to give employees access to a licensed Airrosti Provider. These events allow your workforce to experience what we do firsthand. By bringing care directly to the workplace, we make it simple for employees to address pain early and reduce time away from work.

INJURY ASSESSMENTS: Employees can sign up for a no-cost 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 and standard benefits apply.