

HP Living Well Community/ MMHG Wellness Webinar

Backpacks, Desks, and Screens: Ergonomics for Every Body

Wednesday, August 19, 2026

1:00– 1:30 p.m.

**Attend this FREE webinar from
your computer, tablet, or
smartphone!**



Poor ergonomics affects people of all ages, from kids lugging heavy backpacks to adults hunched over screens. This physical therapist-led session covers proper backpack fit, desk and screen setup, posture basics, and simple adjustments that protect your body at school, at work, and at home.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

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