

## 2024 Webinar Blurbs

Webinar Link (same link each month):

[https://airrosti.zoom.us/webinar/register/WN\\_KvDbliX0RkGwTFyKG7Yuqg#/registration](https://airrosti.zoom.us/webinar/register/WN_KvDbliX0RkGwTFyKG7Yuqg#/registration)

January – Shoulder Pain: Because it's one of the most mobile joints in the body, the shoulder is also prone to injury. Join Airrosti for a FREE webinar where you'll learn about common shoulder injuries and what you can do to ease shoulder pain.

February – Knee Pain: The knee is the largest joint in the body and extremely prone to injury. Join Airrosti for a FREE webinar where you'll learn about common knee injuries and what you can do to ease and prevent knee pain.

March – Back Pain: Join us for a free 25-minute webinar to learn about common causes of back pain, what you can do to help prevent it, and how Airrosti can help you get out pain quickly from home.

April – Carpal Tunnel Pain: Join us for a free 25-minute webinar to learn about common causes of carpal tunnel pain — a common repetitive stress injury affecting the hands and wrists — and what you can do to help prevent and treat it.

May – Plantar Fasciitis: Over 2 million Americans are treated for foot pain every year. Even the most basic daily tasks can have us treading lightly as a result of discomfort in the heels, arches, and/or toes. Join Airrosti for a complimentary and interactive webinar to learn about the most common types of foot pain. This session will also include valuable tips & exercises to avoid plantar fasciitis and stay pain-free.

June – Arthritis Pain: Join us for a free 25-minute webinar to learn about common causes of arthritis pain and what you can do to help prevent and treat it.

July – Hip Pain: Healthy hips need to do one thing – support your body and the variety of movements it performs. Thankfully, there are plenty of ways to maintain fit and healthy hips. Join Airrosti for a complimentary webinar to learn more about your hips and how you can improve or relieve pain.

August – Neck Pain: Spending two-thirds of our day with our necks angled downward while working on our computers or texting on our phones can lead to chronic pain and even result in more serious, long-term injuries. Join Airrosti for a free educational webinar to learn how to prevent and relieve the pain associated with repetitive neck stress.

September – Sciatica: Join us for a free 25-minute webinar to learn about common causes of sciatica pain and what you can do to help prevent and treat it.

October – Health at Your Desk: Spending hours at a desk can lead to pain throughout the upper body and lower back. Proper posture is essential, but it's only the first step towards improving back and neck health. Join us for an interactive workshop to learn simple techniques for reducing strain, improving range of motion, and increasing strength. We'll also provide a conservative care option to help stop pain at the source.

November – Headaches: Headache pain can be hard to live with – often affecting mood, sleep pattern, and productivity. Join Airrosti for a complimentary, interactive session to learn about common types of headaches, as well as triggers, signs, and symptoms. You will learn valuable tips, stretches, and tools for managing headache pain plus we'll go over a conservative care option to help stop pain at the source.

