

ZOOM WEBINAR: INJURY PREVENTION IN THE GARDEN

with Special Guest
Gabriela Murza

Utah State Extension Assistant Professor
of Health and Wellness



LEARN ABOUT:

- Preventing common garden injuries
- Minimizing pain from repetitive movements
- Using proper posture
- Maximizing tool use
- Incorporating stretches

MARCH 21st, 2024

11AM-12:30PM EST

REGISTER HERE: <https://ukfcs.net/RegistrationGardening>

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