



# ERGONOMIC WFH Q & A

*Real-time Virtual WFH Hacks with Real-life Ergo Experts*



## Live Q&A: How to 'Ergonomize' What You've Got In Real Life

*Open to All - Free of Charge*

Working from home, like any office, can have benefits and barriers. The biggest barrier to successfully working from home is designating a space – physically and mentally - that helps establish boundaries for yourself and others.

Whether in a studio apartment at the kitchen table or a house with a dedicated work room, it's important and possible to create a space that helps you remain engaged and productive.

Our Workplace Wellbeing Knowledge Leads will be available LIVE to answer questions about your current WFH setup and even offer on the spot ergonomic advice for those willing to show their space. Not willing to turn on your camera? No problem. Our experts share their spaces to show the real dilemmas we've all found ourselves working in.

Hint: You're not the only one working from the sofa...

**Hosted by your HMG Workplace Wellbeing Knowledge Leads:**  
Rebecca Horton, WELL AP | Kibibi Springs, Ph.D. (c) | Melissa Steach, Ph.D.

## EVENT DETAILS

**LIVE DATE:**  
**WEDNESDAY, APRIL 15**

### TIMES & CONFERENCE LINKS:

**1:30 TO 2 P.M. EST**  
**CLICK [HERE](#) FOR ZOOM**  
**MEETING ID: 928 584 4890**

**10:00 TO 10:30 A.M. CST**  
**CLICK [HERE](#) FOR ZOOM**  
**MEETING ID: 406 024 703**

**3:30 TO 4 P.M. PST**  
**CLICK [HERE](#) FOR ZOOM**  
**MEETING ID: 643 202 619**

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