

Thank you!

You have just received a free ergonomic assessment from a trained volunteer ESP Coach. Thank you for participating in this peer training program. Without you this program would not exist.

If you need further information, please feel free to call your coach at x_____.

If you are interested in installing a break reminder program on your computer, here are two free options:

Mindful clock: www.mindfulnessdc.org/mindfulclock.html (For PC only. It sounds a gong during the day to remind you to take a break –free for personal use)

Timeout: www.dejal.com/timeout/ (For Mac only–freeware)

On the back of this document, we have included some stretches you can do at your desk.

To find out how you can become an ergonomic coach, contact Teri Liming at x81683 or tliming@sfsu.edu.