

GROWING WELLNESS



Injury Prevention and Ergonomics

Whether you're at a desk or tending to plants in the greenhouse, prioritizing ergonomics is key to preventing injuries and enhancing comfort. For desk workers, ensure your chair supports your back, keep your monitor at eye level, and position your keyboard and mouse to maintain neutral wrist positions. Greenhouse staff should focus on proper lifting techniques, using tools that minimize strain, and taking regular breaks to stretch and adjust posture. Simple adjustments like these can significantly reduce the risk of musculoskeletal disorders and boost overall well-being.



Live Well, Work Well

The June edition of Live Well, Work Well is here to help you prevent food poisoning this Summer, start a garden, and sleep better despite the heat and longer days!

National Monthly Awareness

June is National Alzheimer's and Brain Awareness Month. It is important to support your brain's health. Lifestyle habits like exercising regularly, eating a healthy diet, avoiding alcohol and tobacco, sleeping enough, and challenging your mind through learning or games can help reduce the risk of cognitive decline.

