## **OPTIMAL DESK POSTURE**



The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019



Lucas Massage Thera https://www.lucasmassagetherapy.com

😧 07981 396 184

info@lucasmassagetherapy.com