



## Safety Leadership Series

Presented by the American Society of Safety Professionals – Mid-Michigan Chapter

### DATE

Wednesday  
August 7, 2024  
12:30 – 1:30 pm

### LOCATION

CADL Okemos  
Library  
Events Room  
4321 Okemos Rd.,  
Okemos, MI 48864

Hybrid Meeting for  
In-Person and  
Virtual Attendance  
Options

\*Boxed lunch will be  
provided for in-  
person meeting.

### COST:

There is no cost for  
ASSP Members or  
non-ASSP Members

## Transforming Office Ergonomics: Reverse the effects of sitting, creating the healthy movement your body craves.

Sitting up straight and getting the latest “ergonomic” keyboard is not enough to combat modern workspaces and the concerns and challenges faced by office employees. In this presentation we will discuss optimal workstation set up and the myths about “ergonomics” products to give your employees the most effective approach for helping them thrive at work. You will discover that “ergonomic” products may not always be what is best for you and a more effective approach for helping you with nagging aches and pains many experience from “computer” work.

We’ll discuss the necessity for creating healthy movement and you’ll participate in a short, simple sequence of 3 exercises that will have a tremendous impact on how well you move and feel.

1. Learn about optimal office ergonomics and we’ll dispel a few myths.
2. Discover the necessity for creating healthy movement.
3. Participate in an easy and simple 3 exercise sequence that will help you thrive.



Mike Gee is a speaker, author, creator of the National Academy of Sports Medicine’s accredited, ACM Exercise Therapy Certification System and founder of PRO FIT Wellness Solutions Inc. and Restor Exercise Therapy.

Mike is a Licensed Athletic Trainer, Certified Ergonomic Evaluation Specialist, Certified Nutrition Practitioner, and member of the National Athletic Trainers Association and American Society of Safety Professionals.

Mike is also the co-founder of the National Society of Exercise Therapy and Performance.

With a Bachelor of Science degree from the University of New York at Buffalo, Mike continues to pursue his post collegiate education with advanced programs and extensive research and study, to deliver his innovative Injury Prevention and Physical Wellness systems to help others achieve their optimal performance.

As a Licensed Athletic Trainer, LAT, with over 30 years of professional experience (Athletic Trainer: Athletic trainers carry out rehabilitation programs for injured athletes. Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses) his work is enabling people to regain their hope and their ability to live a healthier and more active lifestyle.