

# OCTOBER SPEAKER EVENT



*The Association of Administrative Professionals (AAP),  
Moncton Branch welcomes:*

**Renée Frenette**  
**Certified Kinesiologist**  
**Occupational Concepts Ltd.**

**WEDNESDAY, October 17**  
**Basic Office Ergonomics**

Ergonomics is adapting the work station, environment or process to the physical and mental abilities of the worker. Learn tips to incorporate into your daily work space such as an understanding of basic anatomy, proper chair adjustments, proper workstation set up, proper sitting posture and the importance of stretch breaks.

## ABOUT THE SPEAKER

Renée Frenette is a Certified Kinesiologist registered with the New Brunswick Kinesiology Association (NBKA) as well as a full member of the Association of Canadian Ergonomists. Her foundation training in the study of human movement enables Renée to perform quality Functional Capacity Evaluation, Ergonomic Assessments, and Job Analyses.

## LOCATION

Medavie Blue Cross  
12 Millennium Blvd., 3<sup>rd</sup> Floor, Moncton

**5:30 p.m. Networking**  
**6:00 p.m. Dinner**  
**7:00 p.m. Guest Speaker**  
**8:00 p.m. Close**

## RSVP

Pre-registration is required through the Association's Moncton Branch [Eventbrite site](#)

**Cancellation Policy:** Attendees will receive a full refund if notified 48 hours in advance of the event. All other cancellations (if not cancelled 48 hours in advance) shall be subject to a \$15 non-refundable administration fee.

**A MUST  
ATTEND  
EVENT!**

**YOUR BODY AT  
WORK - TIPS  
TO MAKE  
YOURSELF  
COMFORTABLE!**

## **PRICING:**

### Dinner Meeting:

**Members: \$25.00**  
**Non-Members: \$30.00**

### Meeting Only:

**Members: \$10.00**  
**Non-Members: \$15.00**