

HIGHLAND MARCH

Office Business Centers

Seminar Series 2011

This month's guest speaker:

Peter Gibbs, BodyMind Balance Pilates, Fitness, Z-Health

It's the New Year!

Start it off right with

"Desk Athletics"

Tricks to Survive and Thrive at Work

Wednesday, January 12 @ 7:15 am

Sponsored by Highland-March Office Business Center
and Westborough Office Park

Conference Room

1900 West Park Drive, Westborough, MA

508.983.1400

Networking from 7:15 to 7:30 am

It's not voodoo or magic, but the results you'll get sometimes make it seem that way!

- **Could you use a new surge of energy toward the end of your workday?**
- **Do you have pain or discomfort in your wrists, neck or back?**
- **Do you want a killer six-pack or buns of steel?**

We can't promise you the last one, but this seminar, focused on your muscles and nervous system, can make a huge difference in your productivity levels, your ability to move well and to deal with stress. Using the latest understanding of neuro-physiology, this program will teach you easy, simple, powerful movements you can do during your work day that will improve your focus and posture, raise your energy, and eliminate discomfort or pain in hands, neck and back. It's tricky stuff and it works!

Peter Gibbs is the owner of BodyMind Balance in Worcester, a business that helps people achieve optimal physical and mental performance using Pilates, Z-Health and fitness training. He is a certified Z-Health Exercise Therapy Specialist, who has taught fitness, pain relief and stress management techniques for more than 20 years to individuals and for corporations

Seating is limited so please call Cindy at 508.983.1400 or Email: CThompson@Highland-March.com

Highland-March Office Business Center Westborough - Class A furnished offices · Large flexible work spaces · Personalized phone answering · Staffed reception · Conference rooms · Training & seminar facilities · Virtual offices · Office perks