



## **Balance and Motion for Health**

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### **Balance and Motion for Health Services**

- Injury & Illness Prevention Program (IIPP) for Ergonomics
- Behavioral-based injury prevention classes/ Ergonomic classes
- Office workplace / Material handler classes / Train the Trainer
- Ergonomic Workplace Risk and Ergonomic Assessments
- Individual employee evaluations
- Classes in English and Spanish
- Wellness programs and nutrition
- Cultural Transformation

Our training is unique in that we educate the employees about how injuries occur and teach injury prevention.