

## **“BRA RESEARCH WORKSHOP”**

**A Forum for Women’s Health**



### **Workshop Content:**

- **Preliminary findings of study**  
To investigate the relationship between incorrect bra fitting and the incidence of upper quadrant spinal muscular conditions (e.g. mid back, chest, breathing discomfort) among women.
- **Postural Ergonomic Guidelines for the Body & Feet**
- **Benefits of the “Huber” –A state of the art Dynamic Rehabilitation System available at Perth Integrated Health Clinic for women’s health & for the first time available in Australia.**

#### **Presenters**

**Lucy Liongue (Principal Researcher, Occupational Therapist) and Jill Hunter (Podiatrist)**

Join us for an interactive session on **Monday 5th Dec 2005 at 7pm for 1.5 hours** at the Holy Family Catholic Church Hall, Cnr Thelma St & Canning Hwy Como. Patients and those interested in their health should attend.

For more information and bookings please contact:  
***Lucy Liongue on 9226 1239 or email [lucy@pihc.com.au](mailto:lucy@pihc.com.au)***