

# **\*NEW\*** Training Opportunity Lunch & Learn!

## **Protecting Ourselves: Safe Body Mechanics for GSIL's Attendant Care Workers**

### **Two Paid Training Sessions:**

**November 9, 2018**

12:30pm – 2:30 pm | GSIL's Concord Office | 21 Chenell Dr.

**November 14, 2018**

12:30pm – 2:30 pm | GSIL's Littleton Office | 76 Main St.

### **Learn proper body mechanics for consumer care.**

*Training presented by Lara Cole,  
MS, ARM, ASP, The Lawson Group*

**\*RSVP Early\***  
**- Only 25 seats available  
at each location –**

### **To Register:**

*Please contact Cynthia Paris  
by November 5, 2018 at:  
(603) 717-0815 or [cparis@gsil.org](mailto:cparis@gsil.org)*

