

Presentation on: Improving your Health by Improving your Posture

Friday, September 25th, 2015

Dr. Tania Sequeira's lecture on improving your health by improving your posture was interesting and informative . She described our human bodies as great machines and they work without us thinking about it. This is because our Central Nervous System controls and regulates every system in our body. It is protected by the spinal column made up of the cervical, thoracic and lumbar vertebrae.

The body gets out of alignment because of toxins, that is allergies, trauma for example accidents etc. and our thoughts and emotions like stress etc. When this happens we are at risk for several ailments like arthritis, caused by degeneration of the spine.

We can maintain our alignment by proper posture and showed us some slides on the correct way of standing, sitting and sleeping. She also gave us exercises to help and improve muscle tone to enhance our posture. Handouts were given to anyone interested. We all benefited from her lecture and proceeded to enjoy the rest of the evening with Bingo and Dancing.

Harriet D'Mello