



Optimise Ltd is providing **6 hour seminars** based on the best practice document “*Guidelines for Using Computers - Preventing and managing discomfort, pain and injury*” (ACC and DoL 2010).

Optimise YOU - Healthy Computer Use seminars will be held throughout New Zealand, with the current seminar schedule for 2011 as below. All seminars are 9.00 am - 3.30 pm, catered. Watch the website for additional seminar postings, or request to be placed on the mailing list.

Further information is available at www.optimiseltd.co.nz/Services.htm#YOU or go directly to www.optimiseltd.co.nz/OptYOUreg.pdf for the registration form.

Seminar Schedule as at 11 November 2011:

<p>Blenheim</p>	<p>Tuesday 22 November Marlborough Convention Centre Registrations close Friday 18 Nov.</p>	 In association with Marl. Chamber of Commerce ^a
<p>Christchurch</p>	<p>Thursday 24 November Elevate Bar and Convention Centre, 2 Colombo St. Registrations close Monday 21 Nov.</p>	 In association with SitRight WorkWell ^b
<p>All other centres</p>	<p>Please contact Optimise with an expression of interest. At this stage further courses are being planned for the main centres in 2012, and this schedule will be posted shortly.</p>	

Optimise YOU - Healthy Computer Use seminars are available in main centres around New Zealand and in other centres as demand indicates. If required, sessions can be tailored to your organisation’s specific needs. Optimise is happy to discuss the provision of **Optimise YOU - Healthy Computer Use** training sessions in liaison with local service providers. If your practice wishes to discuss this option please email info@optimiseltd.co.nz.

a Marlborough Chamber of Commerce
b SitRight WorkWell

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