

JUST A THOUGHT...

Think of a person in your life who you feel is significant. When you see this person, how do you typically engage him/her? That is, how do you treat and speak to this person? How respectful, patient, and attentive are you to this person? How willing are you to help this person?



Every person you encounter, from any background and of any level, has the potential of being a significant force in your life. And people are more likely to be a significant force for others if they first feel they are significant themselves.

This month, be thankful and treat everyone as if they are significant and see what happens.

Ask? It will be answered!

Q. How does working at a desk affect my back?

A. The more we sit, the more we slouch. Sitting incorrectly can almost double the load of compression on your spine than standing. This can add up quickly to pain and potential spinal injury.

A long period of sitting tightens muscles which can form muscular imbalances in the body causing muscles, joints, and discs to overwork and create damage through stress in these regions. "When you add the repetitively tightened muscles to the compressive forces of sitting for long periods of time, neck and back pain can be inevitable."; Dr. Daniel Roth of the Williamsburg Neck & Back Center.

To counteract this, look at the proper work station ergonomics. Get professional advice on how to design your work area so that it places the least amount of stress on your neck and back. Also, take the time to stand up and stretch every hour.

Get proper sleep and a good diet. These can play a role in your posture at work; if you are tired it will be harder to sit correctly, causing additional stress on the body and mind.

THE STAGE IS YOURS!

POETRY/SPOKENWORD WORKSHOP

NOVEMBER 22 4:00-6:00 P.M.

FOR AGES HIGH SCHOOL THROUGH ADULT

\$5.00 REGISTRATION REQUIRED

THE WORKSHOP WILL BE FACILITATED BY: POET, AUTHOR & OPEN MIC HOST DREASON RUCKETT

Poets share your work and find out how to make it better. The Workshop includes a session on techniques for performing in front of an audience. Poets are encouraged to perform at the Hot Spot Open Mic at 7 p.m.

For more information call Marie St.Clair at 757-766-1510 or email mstclair@hampton.gov

APR (Formerly the Teen Center)

THE PERFORMING & CREATIVE ARTS CENTER

300 BUTLER FARM ROAD
HAMPTON, VA 23666

MUSIC POETRY NIGHT



Attention all members and potential members!

Northampton, West Hampton, and the Hampton Senior Center are now registered Silver Sneakers providers. Check with your insurance company's "member services" for your Silver Sneakers benefits.