



# **NESC Academy Online**

## **Attendance Confirmation**

**11:35 pm, February 6, 2026**

Thank you for viewing/attending the following NESCAcademy Online lesson:

**Title:** Modern Technology Meets Ancient Wisdom to Address Back Pain - Using Wearables to Track and Improve Posture  
**Presenter(s):** Dr. Bjorn Kruger, Dr. Bjorn Kruger  
**Duration:** 62 minutes

This document serves as confirmation of attendance. We hope you enjoyed the presentation and are able to participate in future sessions.

Thank you,  
NESCAcademy Online