

## **NESC Academy Online**

## **Attendance Confirmation**

5:16 pm, December 5, 2025

Thank you for viewing/attending the following NESC Academy 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, NESC Academy Online