



NESC Academy Online

Attendance Confirmation

4:09 pm, December 26, 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