NESC Academy Online

Attendance Confirmation

1:29 am, November 5, 2026

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