



## West Virginia School Health Technical Assistance Center

Please join us Wednesday, January 18, 2017

from 2:30-3:30 p.m.

for a free webinar on

### Heavy Backpack Education

Participants of this webinar will receive a better understanding of how heavy backpacks affect spinal, postural and overall health.

This training is offered only via WebEx (no conference call lines will be available). **The Webinar is FREE but you must register in advance.** We are limited to 100 WebEx participants, so please **register early** and plan for group access when able. *This webinar will be recorded and posted with CEU's for future listening for those unable to attend the live offering.*

**Registration Link, CEU Information and Presenter Bio  
are available on our webpage:**

[West Virginia School Health Technical Assistance Center](#)

### Learning Objectives

Participants will be able to:

1. Learn what is the recommended maximum weight limit, based on what the research shows.
2. Understand how too heavy of a backpack changes posture, gait and body mechanics.
3. Understand the effects of too heavy of a backpack on spinal health and the consequences if not addressed.
4. Learn how wearing too heavy of a backpack affects psychological health.
5. Discuss options and ways you as a health contact can work with teachers, students, parents and administrators to remedy the issue.

### Miscellaneous Information:

CEUs pending through the Office of Maternal, Child and Family Health. Social Work Continuing Education provider registration number (490089); West Virginia Board of Examiners for Registered Nurses provider number (WV1999-0297).

This event is coordinated by the West Virginia Department of Education Office of Special Education along with the West Virginia School Health Technical Assistance Center at the Joan C. Edwards School of Medicine, Marshall University.

For questions contact:

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## Bio

### **Winn Sams, D.C.**

Dr. Sams practices in Columbus, NC a small town snuggled in the foothills of the western part of the state. A native of Charlotte, NC with a B.A. in Economics from the University of North Carolina- Chapel Hill, Dr. Sams graduated from Sherman College of Chiropractic in 2002 summa cum laude and valedictorian of her class. Her mission of bringing education, awareness and change around what is happening to our children from wearing too heavy of a backpack began in 2008, when she tried to pick up her daughter's backpack and could not lift it. Being a Chiropractor, she knew what was happening not only on a mechanical, but a spinal level and set out to get her message heard. To date, she has helped three states to pass resolutions regarding heavy backpacks, with 5 more scheduled to bring either legislation or a resolution in the upcoming 2017 session.

<b>SAVE THESE DATES:</b>
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**When: 2:30pm-3:30pm**

Visit [West Virginia School Health Technical Assistance Center](#) for more information.

June 21-22, 2017      Annual KidStrong Conference at the Charleston Civic Center