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On 26th of October 2005 in the organization of the head nurse of the health centre Zagreb zapad, Božena Vrabec, higher nurse, a seminar on the topic of “Exercise for prevention and easement of painful cervical and lumbar syndromes.” meant for patron nurses of the health centre Zagreb zapad.

The introductory part was held by prim. dr. Mirjana Miko, spec. physiatrist and rheumatologist and the second part by Tonči Šitić, vft.

The impact of modern lifestyle, stress, posture etc. on the emergence of problems, and exercises for their easement, was explained to the 50 people attending.

During the seminar with video – multimedia presentation we exercised and discussed the individual exercises.