

### WHAT IS EASTER?

We hope you have a nice Easter – Sandra and everyone at TLC wish you all the very best for this spring festival time.



"When is Easter this year" I hear you ask! Well, Easter is really a season that lasts 50 days ending at Pentecost. This year Easter begins on 4th April (Easter Sunday) and ends on 23rd May (Pentecost). The current ecumenical trend in English-speaking countries is to use *Easter* for the fifty-day season and *Easter Day* for the day of the Resurrection, Easter Sunday—so now you know!

### 'BACK' TO BASICS

With this issue of the newsletter is an opportunity for you to take the time to consider your own health by asking us for a FREE assessment to ensure that your chair is right for YOU. Once you have the correct chair you have to learn how to 'drive' it properly. It is recommended that you keep the chair unlocked most of the time to ensure you can do 'sit aerobics' - a healthier way to work at the computer. The best ergonomic chairs



can't do the job for you 'awareness' and 'a little bit of training' goes a long way.

Follow these simple rules:

- 1.—Try not to slouch (easily said!)
- 2.—Keep the chair unlocked most of the time.
- 3.—Make full use of the chair movement, especially whilst on the phone or reaching behind you.
- 4.—Change your position when typing - try 'upright' for short periods—have a 'stand up' break at least every 2 hours.
- 5.—Move your feet in front and behind often - don't stay in the ninety degree position!
- 6.— Make the effort to adjust any other chair you sit on around the office.

If you follow these simple rules your 'back' will thank you!

### EASTER BREAK

Just for your information, we, at TLC, are closed on Good Friday (2nd April) and Easter Monday (5th April). Orders placed on Thursday 1st April will be delivered on Tuesday 6th April. Don't run out of anything during the holiday period!



### DID YOU GET A VALENTINE'S CARD?

I didn't, but I thought that it was just another way for Companies to make more money. Well after a little investigation it turns out that in fact Valentine's Day is real and not just a money making

idea! So for all you disbelievers out there here is the story. St Valentine's Day is a holiday dedicated to lovers. It probably derives from the ancient Roman feast of Lupercalis (February 15th). Originally a festival for shepherds, it was celebrated in honour of Faunus (in Roman mythology, the grandson of the god Saturn). Its primary purpose was to secure fertility for the fields, the flocks, and the shepherds themselves. The festival gradually became associated with the feast day (February 14th) of two Roman martyrs, both named St Valentine, who lived in the 3rd century, but about whom nothing specific is known!



### ONE STOP SHOP

Don't forget we, at TLC are a one-stop-shop and can provide you next day with most of your needs, whether they be stationery, furniture, janitorial supplies, catering supplies, computer supplies, display & presentation materials, branded work-wear, printing, health & safety notices and equipment and much, much more. Just ring and ASK.



Allow us to give some *tlc* for your office