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| Arm Rest   * Where: [Amazon](https://www.amazon.com/PRETTY-SEE-Computer-Armrest-Adjustable/dp/B00UFGUGF8/ref=sr_1_7?dchild=1&keywords=arm+rests&qid=1625249902&sr=8-7) * Price: $10.59 * Purpose: Keep forearms parallel with the floor.   A picture containing footwear  Description automatically generated | Back Rest   * Where: [Amazon](https://www.amazon.com/Back-Cushion-Lumbar-Support-Pillow/dp/B01IJNJAZ0/ref=sr_1_1_sspa?dchild=1&keywords=back+rest&qid=1625251104&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFBS0kzNkdPOVhFWEkmZW5jcnlwdGVkSWQ9QTA5MTQ4NTIxRE41UU01MkNUNldQJmVuY3J5cHRlZEFkSWQ9QTAyOTIyNzEyM0dWUTQ1UUlEWVFUJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==) * Price: $32.95 * Purpose: Keep the spine supported by the back of the chair. |
| Footrest   * Where: [Amazon](https://www.amazon.com/dp/B07L3RVF7C/?coliid=I1K2FCBF25Z3HY&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $29.99 * Purpose: Promote lower body alignment   A close-up of a computer  Description automatically generated with medium confidence | Lazy Susan   * Where: [Amazon](https://www.amazon.com/dp/B091C1QCVP/?coliid=I1AVFT1ZOOECT7&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it_im) * Price: $19.99 * Purpose: Allow for easy to reach items that can become closer when spun.   A picture containing indoor, appliance, toothbrush  Description automatically generated |
| Laptop Stand   * Where: [Amazon](https://www.amazon.com/dp/B08DG4RLXW/?coliid=IDQCAF7ATE27Y&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $12.97 * Purpose: Monitor at eye level.   A computer on a table  Description automatically generated with medium confidence | Headset   * Where: [Amazon](https://www.amazon.com/Logitech-Headset-H390-Noise-Cancelling/dp/B000UXZQ42/ref=sr_1_3?dchild=1&keywords=Headset+with+microphone&qid=1625250269&sr=8-3) * Price: $24.99 * Purpose: Allow for hands-free talk to maintain posture when multi-tasking.   A pair of headphones  Description automatically generated with medium confidence |
| Ergonomic Mouse   * Where: [Amazon](https://www.amazon.com/dp/B08LVJSX3T/?coliid=I3S1J7S6AX1R1P&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $24.98 * Purpose: Keep the wrist in a neutral position.   A black computer mouse  Description automatically generated | External Keyboard   * Where: [Amazon](https://www.amazon.com/Logitech-Wireless-Keyboard-Control-Touchpad/dp/B014EUQOGK/ref=sr_1_18?dchild=1&keywords=logitech+keyboard&qid=1625250438&sr=8-18) * Price: $24.99 * Purpose: Position the keyboard in ergonomic position when using a laptop.   A black computer keyboard  Description automatically generated with medium confidence |
| Lighting   * Where: [Amazon](https://www.amazon.com/dp/B07MMZ27QK/?coliid=IE0RD10V64H1&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $34.99 * Purpose: Enhance lighting on needed items to prevent eye strain. | Curtains:   * Where: [Amazon](https://www.amazon.com/BGment-Blackout-Curtains-Bedroom-Insulated/dp/B07D6HCZTY/ref=sr_1_3_sspa?dchild=1&keywords=window+curtains&qid=1625250563&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExVExaNUJPTFFONU1CJmVuY3J5cHRlZElkPUEwNzMzNjI5M1BYOTg5Q1g2M09ZMyZlbmNyeXB0ZWRBZElkPUEwNjIxODYxMk5KVkRCSDRYNjZQMCZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=) * Price: $15.94 * Purpose: Adjust the lighting coming from a window, especially in bright winter months.   A picture containing icon  Description automatically generated |
| Blue Light Blocking Glasses   * Where: [Amazon](https://www.amazon.com/Blue-Light-Blocking-Glasses-Prescription/dp/B085VSWBHF/ref=sr_1_3?dchild=1&keywords=blue+light+blocking+glasses&qid=1625250637&sr=8-3) * Price: $13.99 (3 pack) * Purpose: Prevent eyestrain from the blue light on the computer.   A set of sunglasses  Description automatically generated with medium confidence | Blue Light Blocking Application   * Where: [f.lux](https://justgetflux.com/) * Price: Free * Purpose: Download a blue light blocking screen right on the computer.   Graphical user interface  Description automatically generated with medium confidence |
| Document Holder   * Where: [Amazon](https://www.amazon.com/dp/B001PME5ZI/?coliid=ICCJBU86HA3H9&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $9.36 * Purpose: Hold paper in an ergonomic prevent to prevent neck strain.   A picture containing text, wall, indoor, case  Description automatically generated | Ergonomic Mouse Pad   * Where: [Amazon](https://www.amazon.com/dp/B08PP7GGXS/?coliid=I2H0HJDOR0E3W4&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $16.99 * Purpose: Support wrist when mousing   A picture containing accessory  Description automatically generated |
| Split Keyboard   * Where: [Amazon](https://www.amazon.com/dp/B07TKLB1ML/?coliid=I2TRZUKC6U30S1&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $69.99 * Purpose: Reduces forearm tension and promote natural position   A picture containing keyboard, electronics, computer, indoor  Description automatically generated | Flex Clip Copyholder   * Where: [Amazon](https://www.amazon.com/Kensington-Flex-Clip-Copyholder-K62081BF/dp/B00006B8N2/ref=sr_1_4?dchild=1&keywords=computer+clips+for+documents&qid=1626707956&s=electronics&sr=1-4) * Price: $10.29 * Purpose: Allows you to place document at the most comfortable viewing position   A picture containing text, electronics, computer  Description automatically generated |
| Office Chair Seat Cushion and Lumbar Support   * Where: [Amazon](https://www.amazon.com/dp/B07JQ2V33Q/?coliid=I1EZ0TLWHOE19N&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $49.95 * Purpose: Adapt and customize support   A picture containing graphical user interface  Description automatically generated | Note Tower Monitor Document Paper Holder   * Where: [Amazon](https://www.amazon.com/dp/B01AA3HO8M/?coliid=I2028I7FO23OQD&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $16.99 * Purpose: Reduce eye and neck strain   A picture containing text, computer, electronics, computer  Description automatically generated |
| Finger Trackball Mouse   * Where: [Amazon](https://www.amazon.com/dp/B07J3VXDZW/?coliid=I1NJJ7UE724L3Z&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $50.46 * Purpose: Minimize pain in forearms from twisting   A picture containing indoor, electronic, cellphone  Description automatically generated | Large Key Keyboard   * Where: [Amazon](https://www.amazon.com/dp/B00EN1EU80/?coliid=I13DUDBM8I9X0E&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $89.95 * Purpose: Bold print for ease on eyes   A close-up of a calculator  Description automatically generated with medium confidence |
| Soft Foam   * Where: [Amazon](https://www.amazon.com/dp/B076DX1F6B/?coliid=I39VQNI79XQ6QI&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $7.99 * Purpose: Multi-function purpose to improve grasp   A black and white logo  Description automatically generated with low confidence | Adjustable Laptop Stand   * Where: [Amazon](https://www.amazon.com/dp/B081YXWDTQ/?coliid=I322CEFF454ACJ&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $21.99 * Purpose: Increase the height of screen to eye level   A computer with a flag on the screen  Description automatically generated with low confidence |
| Wide-Grip Stylus   * Where: [Amazon](https://www.amazon.com/dp/B007EW9ISM/?coliid=I3RTTEED69KSS8&colid=22XI18L0B5JM3&psc=0&ref_=lv_ov_lig_dp_it) * Price: $8.99 * Purpose: Wider design for easier grip   A picture containing microphone  Description automatically generated | Regular Stylus Pens   * Where: [Amazon](https://www.amazon.com/dp/B01IHBVGOM/?coliid=ITKXD5PO4KF8N&colid=22XI18L0B5JM3&psc=1&ref_=lv_ov_lig_dp_it) * Price: $6.99 * Purpose: Touch screen stylus   A picture containing writing implement, stationary, pencil  Description automatically generated |
| Phone Tripod   * Where: [Amazon](https://www.amazon.com/Aureday-Extendable-Adjustable-Smartphone-Compatible/dp/B081CF1DMM/ref=sr_1_1_sspa?dchild=1&keywords=ipad+tripod&qid=1626708805&sr=8-1-spons&psc=1&smid=A247CIAU6QWVC5&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFTQTgzT0hHV0ZRMEkmZW5jcnlwdGVkSWQ9QTAyMTg2MTMxR05BVk5XOUdNQllRJmVuY3J5cHRlZEFkSWQ9QTAyNzE0NDgxOU45UUg1Q1hLSlk3JndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==) * Price: $23.99 * Purpose: Create a low-cost standing desk   A picture containing object  Description automatically generated | Flex Stylus   * Where: [Etsy](https://www.etsy.com/listing/92978261/flex-stylus) * Price: $49.99 * Purpose: Bend in a way that is customized to your needs |
| Rolling Laptop Bag   * Where: [Amazon](https://www.amazon.com/MATEIN-Overnight-Briefcase-Business-Waterproof/dp/B07XJXMMJZ/ref=sr_1_2_sspa?dchild=1&keywords=Rolling+Briefcase&qid=1626709130&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExN0ZORFFLVE1CVFZQJmVuY3J5cHRlZElkPUEwOTc2NTg1OEM1UFNHREVGQjU1JmVuY3J5cHRlZEFkSWQ9QTAxMDA5MjQxOFVUTTdMTE5CTlpNJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==) * Price: $68.99 * Purpose: Transfer workload in an ergonomic manner   A picture containing suitcase, luggage, black, suit  Description automatically generated | Hands Free Bag Holder   * Where: [MedicalMega](https://medicalmega.com/medical/north-coast/NC28229.html) * Price: N/A * Purpose: Distribute the weight of heavy bags across back and shoulders   A picture containing person, dress  Description automatically generated |
| Velcro   * Where: [Amazon](https://www.amazon.com/Sticky-Fastener-Adhesive-Crafting-Organization/dp/B08KP577YY/ref=sr_1_2_sspa?dchild=1&keywords=velcro+roll&qid=1626709311&sr=8-2-spons&psc=1&smid=A259Q1FX1JSCBT&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyVEhFMjNOVEpXTlNZJmVuY3J5cHRlZElkPUEwODI5NDI0MjhCOThWTkVaOUxMViZlbmNyeXB0ZWRBZElkPUEwNTE3MDU4MUYwRVI3TEk4V0ZKVCZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=) * Price: $13.99 * Purpose: Multi-function   Shape  Description automatically generated with medium confidence | Dycem   * Where: [Amazon](https://www.amazon.com/Dycem-Bulk-Roll-Matting-Blue/dp/B07BYHVX5Y/ref=sr_1_2?dchild=1&keywords=dyson+grip&qid=1626709343&sr=8-2) * Price: $36.77 * Purpose: Enhance grip   A picture containing text  Description automatically generated |
| Zip Ties   * Where: [Amazon](https://www.amazon.com/Self-Locking-12-Inch-0-16inch-Perfect-Workshop/dp/B0777LWBD9/ref=sr_1_3?dchild=1&keywords=zip+ties&qid=1626709366&sr=8-3) * Price: $13.98 * Purpose: Multi-use | Pencil Grip   * Where: [Amazon](https://www.amazon.com/Pencil-Grip-Universal-Ergonomic-TPG-11106/dp/B001SN8HOY/ref=sr_1_2_sspa?dchild=1&keywords=pencil+grip%5B&qid=1626709460&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFSNklYUVZDNVhZQTUmZW5jcnlwdGVkSWQ9QTA5Nzk5NzY0TFlOWjRWV0RZWlMmZW5jcnlwdGVkQWRJZD1BMDIzMDcxNjJWNkNHTlRJWEJVRzQmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl) * Price: $9.99 * Purpose: Easy and comfortable addition to pencils or pens   A picture containing plastic  Description automatically generated |
| Power Strip Tower   * Where: [Amazon](https://www.amazon.com/dp/B07YF9PM7P/ref=redir_mobile_desktop?_encoding=UTF8&aaxitk=d66a058dab3ba21a5000e79e22302a3e&hsa_cr_id=3574767180601&pd_rd_plhdr=t&pd_rd_r=8bc2fda7-4830-419b-a29b-0e08c2d051ad&pd_rd_w=ElPmM&pd_rd_wg=zaxKk&ref_=sbx_be_s_sparkle_mcd_asin_1_img) * Price: $39.99 * Purpose: Meet charging needs in your office   A picture containing electronics  Description automatically generated |  |