



Get Fit While You Sit With These Awesome Workday Ergonomic Hacks

This active webinar explores how easy, workday exercises from your office chair can improve posture and minimize pain.

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Thursday, June 27

12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

