



Get Fit While You Sit with These Awesome Workday Ergonomic Hacks

Design a healthier workspace in this active workshop with office-friendly strength, movement, and stretching.

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Thursday, July 31

12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

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

