

Come learn and practice

EXERCISES AT YOUR WORKSTATION

April 28, 2017 | 12:10 – 12:55pm



LOCATION:

SFHSS Wellness Center
1145 Market Street, Suite 100
San Francisco, CA 94103
(415) 554-0643

Our bodies were designed to move. Learn how to incorporate more movement throughout your day and at your desk. During this 45-minute seminar you will learn: routines you can do anywhere, stretches, proper posture, and ideas for how to make your workstation or workday remind you to move more.

NO RSVP REQUIRED.