

Please Don't Take A Seat!

Tuesday, December 1st at 12PM-12:30PM

A Virtual Presentation



Have you been sitting at your desk all morning? Working from home provides the flexibility to be more active, but it's up to you to make it happen.

This fast-paced seminar will incorporate ways to increase your activity throughout your workday. The first tip will be to stand up during the workday, so to add some fun to the seminar, participants will be encouraged to stand instead of sitting.

**Presented by Linda Carignan-Everts, EAP Wellness Coordinator
NYS Work-Life Services/Employee Assistance Program**

You must pre-register for the event if you wish to attend.

Please send an email to Heather West at westhj@potSDam.edu by November 27. Attendees will receive WebEx information on November 30.

