



Join the Workplace Wellness Movement Give Your Organization a Lift!

- *Reduce Absenteeism*
- *Improve Productivity*
- *Decrease Claims Related Costs*
- *Assist Employees to Lead Healthier Lives*
- *Enhance Company Loyalty*



TOPICS:

- Sitting Disease, “Sitting is the New Smoking”
- Why We Need to Add Activity into the Workday
- How to Add Activity Seamlessly into the Workday
- Standing and Walking Meetings
- Office Layout/Ergonomics and Sit to Stand Desks
- Methods to Build Team Morale
- Preventing Repetitive Strain Injuries



We are Physical Therapists with over 35 years of experience in the health industry. Our passion is WELLNESS. Join us for an interactive 2.5 hours workshop and watch your team morale and productivity soar!