Learn to Defeat the Seat & Prevent the Sitting Disease

Many of us spend 8 or more hours in a seated position as we work, commute and enjoy down time watching television or using electronic devices. Join us for a session to discuss what the Sitting Disease is, and how to breathe, stretch and move to defeat it. Learn how to consciously choose to be more active throughout the day to burn more calories, reduce neck and back pain and feel better all day long!

Plus celebrate American Diabetes Association’s national Get Fit Don’t Sit Day!

Wednesday, May 2, 11:30am-noon, Medical Sciences Building (MSB) 3057 (Medical Campus)

Monday, May 21, noon-12:30pm, Outside of Muntz near the Library and Bleeker Café, Rain location: Library Study Room 1 (UC Blue Ash)

Thursday, May 24, 3-3:30pm, Tables outside of McDonough and Snyder near parking lot, Rain location: Snyder 143 (UC Clermont)

All are welcome!
Note: Some activity will be practiced in class - participation is encouraged by not required.

All eligible employees will earn 10 Be Well UC Lunch & Learn points!
Points will be visible in attendees’ portal accounts the first week of June.

Questions? Please contact wellness@uc.edu uc.edu/hr/bewelluc