

Sitting all day at work? **Stand up** for your health!

Learn the health benefits of having the option to stand, the history of standing desks, and how to modify your workspace for standing.



Charles Dickens ~ 1812-1870

Presenters:

Sarah Sanders, RN, MS Exercise Scientist
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Join us...

Wednesday, October 5, 2011

Time: Noon to 1:00 pm

**Where: Research Incubator Building,
(RIB) Commons**

**UNM Campus, 2703 Frontier NE
Albuquerque, New Mexico 87131**

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