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.

**Presenters:**
Sarah Sanders, RN, MS Exercise Scientist
Mary Hanrahan, BFA Communications

**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

For more information please contact Sarah Sanders at (505) 272-4462 or via email at sreinh@salud.unm.edu.

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