

## **ENERGY**

An active approach to well-being

## **ONLINE SEMINAR**

## Improve Your Health With Ergonomics and Frequent Movement

Sedentary behavior is the fourth leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.

## Available on demand starting October 17

To access Continuum's HelpNet, simply visit www.4continuum.com, complete the member login on the upper right-hand side of the page — then select HelpNet. From HelpNet's home page, scroll down to Online Seminars on the center of the page. Click on the webinar on or after Oct. 17.

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