



# Well-Being Workshop

FIT AT WORK

## Join us for a Fit at Work Workshop!

It seems like everyone is working more hours these days but using the “no-time-to-to be healthy” excuse is no reason to let your health and fitness slide! What if you could work out at work, on your break, or even at your desk for overall health and wellness with minimal time, equipment and space? The Fit at Work Workshop presents creative ideas and tools to get results using a minimalistic workout approach.

Each participant will receive a free exercise band!

**Date:** Wednesday, October 10

**Time:** 12:05-12:50

**Room location:** Library 1522

**Contact:** Jamie Inderbitzen at [j.inderbitzen@csus.edu](mailto:j.inderbitzen@csus.edu)

Please RSVP by Tuesday, October 9

Well-Being workshop series provided by:



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