LifeFit Workshop:

Is Sitting Really the New Smoking?
What is the Evidence?

Thursday, April 28 @ 12 pm in the Learning Center

Recent scientific research has suggested that sitting for prolonged periods is particularly harmful to our health. Join Dr. Ralph Rozenek as he reviews the evidence pointing to the adverse effects of physical inactivity and offers practical suggestions for being active. This is one you won't want to miss!

All are welcome!

For more information, contact LifeFit Assistant Director Emily Sopo at 562.985.2087 or emily.sopo@csulb.edu