



**MOVEMENT & PREVENTING BURNOUT**

**LET'S MOVE  
MORE**

**TUESDAY, APRIL 21**

**12:00 – 1:00 PM**

**LOCATION: UC275 A**

**EDUCATION**

Learn how movement supports both physical and mental health and how to break up sedentary time during your day.

**INTERACTIVE**

- Join us for a **guided stretch break**
- **Play Movement Bingo**
- **Learn about community movement opportunities**

Questions? Email [worksitewellness@uww.edu](mailto:worksitewellness@uww.edu)



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