

*Kinesiology and Health &
Architecture and Interior Design
present...*

The Movement Toward Wellness in the Workplace

A presentation by Steelcase



Physical

What the body needs



Cognitive

What the mind needs



Social

What groups need

Up until today, ergonomics in the office has been somewhat reactive, focusing only on the physical science and the prevention of injury. Today, we look to expand the ergonomic lens to one that includes the impact of three different, yet related sciences—physical, cognitive, and social—making a “complete” ergonomic workspace and program look vastly different than what it’s ever been before.

Learn how the movement towards wellness in the workplace can help **minimize healthcare costs, maximize employee wellness and productivity, and attract and retain employees**. You’ll learn through provided thought starters, program checklist, and recommended next steps on how to help evolve your approach to office ergonomics.

Tuesday, November 17th

9:30am-10:45am

Alumni Hall, Room 1

Dr. Ron Cox will also be sharing his research
with the WALKSTATION