

# 2026 Well-being Webinar Series



**Wednesday  
October 21  
Noon**

## Chair Repair: Undoing the Damage of Sitting

Sedentary work habits silently chip away at physical and mental health. In this session, discover the real science behind sitting disease, how it affects posture, metabolism, and mood, and practical micro-breaks to reverse the damage. Participants will leave with easy-to-implement stretches, movement hacks, and desk set-up tips to keep the body active and energized.



**REGISTER HERE**

**for webinar series.**

Or copy and paste this URL into your browser: [https://phs-org-corp.zoom.us/webinar/register/WN\\_4tNp29xESMG5icJJrqcqBA](https://phs-org-corp.zoom.us/webinar/register/WN_4tNp29xESMG5icJJrqcqBA)

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Our webinars provide practical guidance to support your well-being and help you achieve better health.