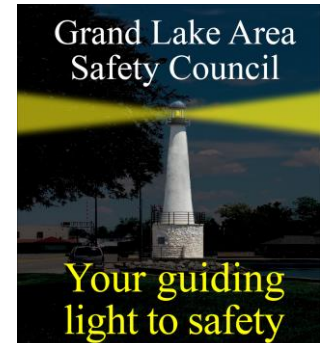


You are Invited to attend the
May 17, 2017
Grand Lake Area Safety Council
meeting at Romer's in Celina
from 11:30am-1pm.



TOPIC

Dangers of Prolonged Sitting
by **Delia Treaster, Ph.D., CPE**
BWC Ergonomic Consultant

Three Objectives of Program

- 1. Understand who's at risk for prolonged sitting.**
- 2. Understand harmful physiological changes that develop with prolonged sitting.**
- 3. Learn countermeasures to combat harmful effects of prolonged sitting.**

Speaker Bio:

Delia Treaster is an Ergonomic Consultant with the Division of Safety and Hygiene at BWC. She has over twenty years experience in helping companies improve the ergonomics of their workplaces. Dr. Treaster holds a Masters degree in Human Factors Engineering and a Ph.D. in Occupational Biomechanics, from Ohio State University. Prior to joining BWC, she was a Research Scientist with Battelle Memorial Institute, and an Ergonomic Specialist with Travelers Insurance.

This program is free to one person from each safety council member company. Additional members are \$10 each. This is open to the public for a \$15 lunch fee.

You must RSVP to the Chamber 419 586 2219 or email safety@celinamercer.com by Friday, May12th.