Standing at work a lot?

What about the health effects?

Standing on the job is not good for your health -- especially if you can't move or sit when you want. It can affect your body right away and in the future, causing harm such as:

- painful or swollen feet or legs
- feet and heel problems
- varicose veins
- lower back pain
- knee or hip arthritis
- stiff neck or shoulders
- high blood pressure
- heart or circulatory problems
- pregnancy problems or birth defects

Join us for a

Free Clinic for people who stand all day at work

1 - 4 pm December 10, 2016

Sarah Jane Johnson Memorial
United Methodist Church

308 Main St., Johnson City

Free child care and refreshments provided

Occupational Health Clinical Centers

Come to:

- talk about the hazards, and solutions with health and safety specialists
- consult health care providers about your standing -related health issues & how to relieve the pain
- get information about the law requiring seating
- learn from others who stand all day ... and more

For more information, or to let us know you're coming, call:

Occupational Health Clinic of the Southern Tier

607-584-9990

All names will be held in strict confidence