

*“Active at Work”?*  
*...it matters more than you think!*

Improve productivity in your workplace by increasing physical activity and reducing sedentary behavior  
Find out how Workplace Wellness Programs can improve your ROI

**When:** Wednesday March 4, 2015  
7:30 a.m. – 10:30 a.m.

**Where:** BMO Centre, 295 Rectory Street  
London, Ontario, N5Z 0A3

Breakfast begins at 7:30 a.m.; speakers follow at 8:15 a.m.



Dr. Shauna Burke  
School of Health Studies  
Western University



Dr. Michael Rouse  
Richard Ivey  
School of Business  
Western University

**Registration Fee:** \$25.00 (register before February 26<sup>th</sup>)  
**For registration and information:** <http://activeatwork.eventbrite.com>



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