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**Kaiser Fitness  
Challenge  
Deskercise  
Workshop**

*You do not need to be a Kaiser Permanente member to participate in this workshop.*

Join Prisma Anderson, Certified Personal Trainer, and regular participant of the NBC4 Health and Fitness Expo, as she demonstrates “Deskercise” for a quick and easy body strength training workout designed specifically for the busy working population. Don’t miss it!

**When: Tuesday, September 27 2016**

**Where: Madison Auditorium Southside**

**Time: 12:00 p.m. – 1:00 p.m.**

**Register at: <http://w-pattr-102:8504/EventRegistration.aspx>**

**\*\*\*Walk-ins will be accepted\*\*\***

**For questions, contact OHR Worksite Wellness @ 571-272-6209.**

**Disclaimer:** The online fitness challenge is a program offered by Kaiser Permanente. Although space for the programs is made available at the USPTO campus, it is not a USPTO program. All medical and personal information shared with Kaiser will be maintained by Kaiser. That information will not be shared with the USPTO. Any questions concerning confidentiality of information should be directed to a Kaiser representative. Participation is strictly voluntary, and must be on an employee’s own time (e.g., before or after work hours, lunch break, mid-day flex, while on leave, etc.).

