



# DEATH BY SITTING: MAINTAINING FUNCTIONAL MOBILITY THROUGH LIFESPAN

Functional Wellness Series, Part Two

Wednesday  
December 12th  
7:00 pm

Free and All Welcome

1220 10th Street, Anacortes, WA 98221  
360-293-1910  
[library.cityofanacortes.org](http://library.cityofanacortes.org)

Movement, physical activity, and exercise provide profound health benefits and greatly influences longevity and quality of life. However, modern lifestyle lends itself to being sedentary. Josette Curtis, Registered Dietitian, Jennifer Eichhorn, Nurse Practitioner, and Malcom McPhee, Physical Therapist discuss why frequent movement, postural awareness, and connection with your breath are vital to maximizing function, preventing pain, and decreasing stress and inflammation at this interactive workshop.



**ANACORTES  
PUBLIC  
LIBRARY**