



The Effects of Prolonged Sitting

with Dr. Jennifer Copeland

November 21 - 12:00PM – 1:00PM

Anderson Hall 137 (HR Department)

What: U of L's Dr. Jennifer Copeland studies the effect of physical activity and sedentary behaviour on health across the lifespan, with a particular focus on healthy ageing. Come learn more about the problem with too much sitting and hear Dr. Copeland's tips and how to avoid it.

Dr. Copeland's course offerings include Human Physiology (2610), Exercise Physiology (3610), Fitness and Lifestyle Assessment (4610), and Health and Physical Activity (4200). Dr. Copeland is available to supervise both independent and applied studies courses.



Light snacks will be available.

[Register Online](#) or email: wellness@uleth.ca

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