

January 24, 2013

Take a “stand” for healthy meetings

Calendar stacked with back-to-back meetings? *Great news!*

For your next gathering, try the new standing meeting tables in Town Square. The two tables that are available can comfortably accommodate up to eight standees.

The average person spends nine hours a day sitting – whether at work or in the car or at home. The cumulative effect of inactivity increases risks for a wide range of medical conditions. Cut those risks with these new meeting tables.

Finally, some standing around that your boss will approve of!

Go to [AGBenefits](#) for more information about wellness at American Greetings. We look forward to hearing from associates across the Company about ideas, comments, suggestions, success stories and information you may want to share regarding our wellness initiatives and how we can best promote a culture of wellness at American Greetings. Email us at AGlivewell@livehealthier.com.



www.americangreetingsbenefits.com

A Standing Raffle

Is better health and more energy not enough reason to stand? Need more incentive? How about cash?

If you attend a standing meeting, put your name into the fish bowl on the tables for a chance to win a \$20 HSA contribution. One name will be pulled at random on an ongoing basis each time the fish bowl fills up.

Congratulations to the first winner:

- **Jen Luca**, Supervisor, Financial Reporting