



# Build strength at work with a convenient online class

## Strength Train at Your Desk

**Date: Tuesday, February 03, 2026 | Time: 12:00 PM - 12:30 PM**

**Join via computer or mobile device at:**

**[Register here](#)**

Registration is now available and will remain open through the end of the event.  
For support, [click here](#).

**Description :** Even on the busiest of days, you can still enjoy the benefits of strengthening exercises. In this session, you will learn about the positive effects of strength training and then put them into practice with a workout you can do right at your desk or workspace to build strength, stretch your muscles, and reduce pain

For questions, contact: [employeewellness@fultoncountyga.gov](mailto:employeewellness@fultoncountyga.gov)

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