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WHI Clinical Coordinating Center

All Movement Counts: What WHI Participants have taught the world about physical activity and staying healthy | WHI Webinar #6

Time	Content	Speaker/Presenter
11:00am	Welcoming remarks and announcements	Dr. Cyndi Thomson
11:05am	The OPACH Study: Overview and benefits of light physical activity on heart health	Dr. Andrea LaCroix
11:15am	Sitting patterns and your health	Dr. John Bellettiere
11:30am	Quicktalks: <ul style="list-style-type: none">- Standing- Light Physical Activity	Dr. Purva Jain Dr. Nicole Glass
11:40am	Q&A Session	Dr. Andrea LaCroix Dr. John Bellettiere Dr. Purva Jain Dr. Nicole Glass
11:55am	Closing remarks	Dr. Cyndi Thomson