

Conscious and Sustainable Studio Habits: Prolonged Sitting

Video	
CERF+	
Org/Publisher Website	
Topic	Health & Wellness
Location	
(Workshop	
Only)	
Occurance	
(Workshop	
Only)	
Published	
Date	
(Publications	
Only)	
Description	Missy Graff Ballone, Founder of Wellness for Makers visits with Loren Abbate, a printmaker and co-curator of Deep Space Gallery, addresses the common issues that artists experience in their hands as a result of excessive phone and computer usage.
Fee required	
to access?	No
Access:	Link to Content

Speakers