

Go Outside!

outside //

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Did you know that the average office worker spends 1,700 hours a year in front of a computer screen? And that in an 8-hour workday, we spend 6 and 1/2 hours SITTING?

With its member partners Beth Israel Deaconess Medical Center, Brigham and Women's Hospital, Boston Children's Hospital, Dana-Farber Cancer Institute and Harvard Medical School, MASCO launched Placemaking. It's about creating vibrant, interesting and fun spaces, so you can take a break, enjoy fresh air and smile during the day.

With sites throughout the LMA, **Outside** began the week of May 20th and will continue through the end of September. Visit our dedicated **Outside** page [here](#).

