SEATTLE MEASURES UP IN LIFE SCIENCE INDUSTRIES
SEATTLE IS BECOMING THE WORLD CENTER FOR GLOBAL HEALTH!

Seattle is a world class leader for Life Sciences and has been ranked as the 5th largest Life Science cluster in the United States in a recent Milken Institute study. This expanding cluster has a wealth of talent and institutions while being unique in its collaborative nature and ability to attract and keep world class talent. Below are just a few of Seattle’s contributors to the Life Science industry.

• PATH (Program for Appropriate Technologies for Health) is celebrating 25 years!
• The Bill & Melinda Gates Foundation has transformed the world of global health and is headquartered here in Seattle.
• Seattle Biomedical Research Institute is the nation’s largest private non-profit research organization focused on infectious diseases.
• Fred Hutchinson Cancer Research Institute is the world center for coordinating HIV AIDS vaccine trials.
• The UW is a world leader in infectious disease research and has created a Dept. of Global Health; joining faculty from medicine and public health.
• Three of the Eight leaders of the Human Genome Project now work in Seattle.
• The Fred Hutchinson Cancer Research Institute is led by Nobel Laureate Dr. Lee Hartwell, gained its third Nobel Laureate this year with the award to Dr. Linda Buck. Six Nobel laureates total call Seattle home.
• UW’s faculty currently includes 43 members of the National Academy of Sciences and 33 members of the National Institute of Medicine
• Over 62,000 people are employed by 190 life-science companies within Washington State; 160 of these companies are in the greater Seattle area.

The bottom line: Seattle’s outlook as a stable and growing job market for Health and Science majors is looking excellent!

(excerpts taken from enterpriseseattle.org)

HOW TO RISE ABOVE WORKPLACE STRESS
Get Aligned and Harmonized

* Lower your keyboard  * Raise your computer screen  * Get a footrest
Setting up an ergonomically-correct work station is worth the effort and your body and mind will love it!

• Set up your work area so that your hips, knees, and elbows are each at a 90 degrees angle.
• Adjust armrest on your work chair so they actually support your shoulders in a relaxed position.
• Use a wrist rest below your keyboard to keep your wrist in a neutral position.
• If you really want to go for it– get a yoga ball to sit on instead of a chair. You can also order a yoga ball chair from Gaiam.com or Amazon.com. Sitting on a yoga ball engages your core muscles and puts your spine in proper alignment, alleviating back strain and pain.
• Move around and change positions at least every 30 minutes.
• Bring healthy snacks and eat every 3-4 hours. Avoid the vending machine cravings due to poor eating habits! Bring fruit to work if you have a sweet tooth!
• Bring comfortable walking shoes and walk during breaks, or to your colleague’s office instead of sending that e-mail. Find a walking buddy and walk on your lunch break.
• Add pictures and decorate your work area and clean up your clutter– less mess = bliss!