

ANNUAL WELLNESS FAIR

TAKE ACTION!

JOIN US FOR INFORMATION REGARDING HEALTH, WELLNESS, & FITNESS

Our Annual Wellness Fair will be held on **Tuesday, May 16th** from 10:00 a.m. to 2:00 p.m. in the 1900 Mariposa Mall, Executive Plaza Courtyard in recognition of National Employee Health and Fitness Day.

Available Activities

Health Assessment Tests:

- * Blood Pressure
- * Glucose
- * Total Cholesterol



Free Massages

Cooking Demonstrations (11:00 & 12:30)

Food Services Food Booth

Physical Fitness Demonstrations

Information Provided By:

Allergists

Benefits By Design

Caremark

Colonial Supplemental Insurance

Insight - Employee Assistance Program

Interplan Dental Network

Medical Eye Services

Pinnacle Claims Management

Reliance Standard Life Insurance



Sign-ups & information available on our new Wellness Program **"Take Action!"**