



Join the Road to Wellness Program

Attend Our 1st Meeting!



Thursday, November 13, 2008
12:00 p.m.—1:00 p.m.
Executive Board Room

Road to Wellness is an all-encompassing, 12-week program that will educate, motivate, and provide employee support needed to improve your overall health. Meetings are held at 12 noon—1:00 p.m. in the Executive Board Room.

Participants will receive:

- FREE Pedometer*
- FREE Journal*
- FREE Health Assessment
- FREE Raffle Prizes
- FREE Discounts/Specials at Participating Businesses
- FREE Randy Recommends Food Samples
- FREE Lunch (please join us each week for a potluck - Please contact Debbie for details & attendance).

* You must attend at least two consecutive sessions to qualify for your free pedometer and journal.

What you don't know could hurt you! Undergoing a health assessment could potentially save your life and place you on path to a healthier, happier life. Find out if you're at risk for diabetes, stroke, heart attack, and other life-threatening ailments during the first Road to Wellness session on November 13.

EOC Health Services will be conducting a health assessment that includes:

- blood pressure
- body mass index (BMI)
- cholesterol testing
- glucose testing
- weight (optional)

Attendance for this meeting is important because your health assessment will be completed. At the end of the 12 week session, you will be able to compare the differences between each health assessment!

Contact person: Debbie Grove 559.263.1021 or Debbie.Grove@fresnoeoc.org

All sessions are \$5 each.

SAVE \$\$ - Pay for all 12 Sessions in advance for only \$36! A savings of \$24! (Payroll deduction is available)