

# Huron Hospital Employee Wellness Day



FRIDAY, APRIL 16, 2010 • HURON CAFETERIA

Free Healthy Heart Screenings - 6:30 am – 4 p.m.

Blood pressure/glucose/cholesterol

No fasting required/results in 15 minutes

Located at the back of the cafe

Wellness Activities in the Cafe Conference Room

Fitness and Fun with Dr B. 11 am – 12 noon

Tai Chi for Health – the Skill to Chill 12 noon – 1 pm

Health talk – *Heart Healthy Nutrition*

Nutrition Services 1 pm – 2 pm

Events in Main Dining Area of the Cafe

Cooking with Celebrity Chefs

James D. Perko, Executive Chef, Wellness Institute

11:30 am – 12:30 pm

Chef Eric Wells of Sky Larae's Culinary Services

12:30 pm – 1:30 pm

- Vendor Tables
- Free Raffles
- Giveaways
- Mini chair and hand massages available
- Discount voucher for a heart healthy lunch to qualified participants

**\*Screenings open to all employees/  
students/residents/volunteers**

Sponsored by Huron Hospital Employee  
Wellness Committee

 **Huron Hospital**  
a Cleveland Clinic hospital