



## **SAVE THE DATE**

### **Employee Health and Fitness Day Wednesday, June 9, 2010 11:30 am - 1:30 pm Cafeteria**

**Visit a variety of booths and exhibits geared toward your well-being**

**Participate in a Fitness Walk or Visit with Community Vendors**

- X **Body Fat Analysis, BMI, Recipes and Nutritional Information**
- X **Hand Grip Testing and Exercise Information**
- X **Employee Wellness ~ Sun Safety**
- X **Concern / EAP Information**
- X **Diversity Council ~ Learn about Cultural Health Issues**
- X **Are You at Risk? Know Your Cardiac Risk Factors**
- X **Pulse Oximetry and Smoking Cessation Materials**
- X **Cancer Prevention – For Men and Women**
- X **FREE Healthy Heart Screening (BP, cholesterol and glucose  
(8:30 am – 1:30 pm Cafeteria Doctors Area)**

***Sponsored by Community Relations, Employee Activities Committee,  
Employee Wellness Committee, and Nutrition Services (AVI)***