

EMPLOYEE HEALTH **FAIR**

Know **Your** Numbers!



October 12

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Have your metabolic screenings (including glucose, blood pressure, cholesterol, and waist circumference).



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Complete an activity at each booth. The more you play, the greater your chances to win a prize of your choice.



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Fitness Demos, including workouts you can do at home, and get fitted for your spin bike.



**For more information,
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Health And Wellness Fair Program Guide Sample

Terry C. Jones



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