

WELLNESS UPDATE

08/01/2023



Benefit Health Expo 9/27

- ❖ Theme: The Future of Your Health
- ❖ Open to all employees/spouses
- ❖ We ask Leadership to encourage attendance
- ❖ Registration link for Meal Pass is live; Benefit Portal, Company Info, Benefits Expo/OE tab
- ❖ Register ASAP
- ❖ Meal Pass includes:
 - ✓ Attendance to Event
 - ✓ Free Meal & Refreshments
 - ✓ Swag Bag

MORE INFORMATION

- ❖ Event Schedule: Open 9am to 3pm
- ❖ Lunch Served from 11am to 2pm
- ❖ Live Open Enrollment Presentations starting at 10am
- ❖ Yoga (morning only) starting at 9am

- ❖ Health Screenings
- ❖ Flu Shots
- ❖ Bexa Scan
- ❖ Dexa Body Scan
- ❖ Chair Massage