



Employee Wellness Fair

Date: Wednesday – December 13, 2017
Time: 11:00 a.m. – 5:00 p.m.
Location: Serna Center – Community Rooms
5735 47th Ave. Sacramento, CA 95824



Free “Know Your Numbers” health screening
Make your appointment online

To make an appointment go to website: www.kp.org/wellnessevent and enter sign-up code “scusd”

Health screening is available to active employees only

Sponsored by Kaiser Permanente

- ✓ Total cholesterol
- ✓ High density lipoprotein (HDL) “good cholesterol”
- ✓ Glucose (blood sugar) level
- ✓ Blood pressure

Steps to become a “Healthier You”

- ✓ Take advantage of free “know your numbers” health screenings
- ✓ Learn about wellness discounts, programs and activities
- ✓ Find out about health plan and employee assistance program (EAP) offerings
- ✓ Participate in safety, nutrition and fitness activities
- ✓ Have a chair massage
- ✓ Enjoy healthy snacks
- ✓ Earn tickets for.....



Questions? Contact Cathy Rasmusson, Wellness Coordinator
Email: healthybusinessdesigns@yahoo.com or healthybusiness2@gmail.com