SCUSD Employee “Step Into Wellness” Fair:

Date: Wednesday, January 23, 2019
Time: 10:30 AM – 4:30 PM
Place: Sacramento City USD
Serna Center Community Rooms
5735 47th Ave., Sacramento 95824

“Step Into Wellness” and take a walk down wellness lane. Come see what you have available to help you become a “Healthier You” such as: wellness discounts, programs, classes, and more. Stop by the hydration station, pick up some fruit, play a nutrition game, and get information about fitness offerings. Plus you can collect tickets for prize drawings along the way!

Get the benefits of your benefits. Health plans, employee assistance program, Schools Insurance Authority and medical groups will be on hand to answer your questions and provide resources.

Are you at risk for heart disease and/or diabetes?

Health Net is sponsoring health screening at no charge to you!

Know your numbers

√ Blood pressure  √ Cholesterol  √ Glucose (blood sugar)

Click on link https://app.clovi.com/well/participant/events/evt_9660227f92/welcome to schedule your appointment.

Questions? Email Cathy Rasmusson, SCUSD “Step Into Wellness” Coordinator cathy-rasmusson@scusd.edu