



10 Minutes to Wellness

2021 Health Fairs

Have your cholesterol, glucose and blood pressure checked, get a flu shot, and pick up your free giveaway in 10 minutes. For attending, you will be entered for a chance to win an Apple AirPods, an Instant Pot, and other great prizes. You will also earn at least 5 Wellness University credits.

To comply with current Covid-19 protocols, appointments are required. Please make sure to keep your appointment and arrive on time. We may not be able to accommodate late arrivals or walk-ins.

Please bring your KP medical record card and fast for 10-12 hours for complete lab work. Non-fasting blood tests will also be available.

Health Fair Date	Time	Location	Appointment Registration
Thursday, Nov. 4	11:30 am—3 pm	HOS CR 3-4, SSC	https://www.signupgenius.com/go/60B0548A5AC23A2FE3-2021
Tuesday, Nov. 9	6:40 am—10 am	HOS CR 3-4, SSC	https://www.signupgenius.com/go/60B0548A5AC23A2FE3-2021
Tuesday, Nov. 16	6:40 am—10 am	HOS CR 3, SSC	https://www.signupgenius.com/go/60B0548A5AC23A2FE3-2021

 KAISER PERMANENTE.

For questions or more information, visit kpwellnessu.org, email Employee-Wellness-SSC@kp.org, or call (916) 525-4820.

live well be well
WELLNESS UNIVERSITY