



# 10 Minutes to Wellness

## 2022 Health Fairs

Have your cholesterol, glucose & blood pressure checked all in 10 minutes. For attending, you'll receive a giveaway, automatically entered for a chance to win an Apple AirPods and earn at least 5 Wellness University credits towards great rewards.

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. Click on the [link](#) below to make your appointment today!

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

Health Fair Date	Time	Location	Appointment Registration
Thursday, March 31	11am—2 pm	CR 2-4, Promenade MOB	<a href="https://www.signupgenius.com/go/60B0548A5AC23A2FE3-wellness">https://www.signupgenius.com/go/60B0548A5AC23A2FE3-wellness</a>
Tuesday, April 5	11am—2 pm	CR A-C, MOB 2, South Sacramento	<a href="https://www.signupgenius.com/go/60B0548A5AC23A2FE3-south">https://www.signupgenius.com/go/60B0548A5AC23A2FE3-south</a>

For questions or more information, visit [kpwellnessu.org](http://kpwellnessu.org), email [Employee-Wellness-SSC@kp.org](mailto:Employee-Wellness-SSC@kp.org), or call (916) 525-4820.

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**live well be well**  
WELLNESS UNIVERSITY