



# 10 Minutes to Wellness Health Fairs

Have your cholesterol, glucose and blood pressure checked all in 10 minutes at a health fair. For attending, you will be entered for a chance to win an Apple AirPods and other great prizes.

You will also earn at least 5 Wellness University credits, receive a giveaway and a healthy snack.

To comply with current Covid-19 protocols, please wear a mask, do not congregate in the hallways and maintain social distance. We may turn away staff if we meet capacity for the event.

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
Wednesday, July 20	10 pm—1 am	Hospital hallway, between north & south tower, 2nd floor, South Sacramento
Wednesday, July 27	Noon —4 pm	Hospital hallway, between north & south tower, 2nd floor, South Sacramento
Tuesday, August 2	6 am—9 am	Hospital hallway, between north & south tower, 2nd floor, South Sacramento

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