



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 a grand prize. 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
Tuesday, Nov. 1	7-11 am	Hospital hallway, between north & south tower, 2nd floor, South Sacramento
Thursday, Nov. 3	11 am-2 pm	Conference Room 3-4, Hospital Ground Floor, South Sacramento
Tuesday, Nov. 8	8 am-1:30 pm	Conference Room 3, 2nd Floor, Elk Grove MOB
Wednesday, Nov. 9	8 am-1:30 pm	Conference Room 2-4, 2nd floor, Promenade MOB
Thursday, Nov. 10	10 pm-1 am	Hospital hallway, between north & south tower, 2nd floor, South Sacramento

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

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WELLNESS UNIVERSITY