



10 Minutes to Wellness Health Fairs

Have your cholesterol, glucose & blood pressure checked all in 10 minutes at a health fair.

For attending, you'll be entered for a chance to win a Bluetooth speaker or a FitBit, earn at least 5 Wellness University credits and receive a healthy snack.

Date	Time	Location
Thur., Oct. 12	8 am-2 pm	Conference Room 3, Elk Grove MOB
Tue., Oct. 31	11 am-3 pm	OSS Conference Room 1-5, South Sacramento
Wed., Nov. 1	8 am-2 pm	Conference Room 2-4, Promenade MOB
Wed., Nov. 8	6-11 am	Hospital hallway, between north & south tower, 2nd floor, South Sacramento

Open to all KP employees and physicians and no appointment required. 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. Employee Health will provide flu shots and other services.

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

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live well be well
WELLNESS UNIVERSITY