



Leap into Heart Health with Wellness University Health Fairs

Regular check-ups can reduce your risk of cardiovascular diseases and Diabetes.

Have your cholesterol, glucose, and blood pressure checked, and get a flu shot all in 10 minutes at an upcoming health fair.

For attending, you will earn at least 5 Wellness University credits and be entered for a chance to win a prize.

You will also receive a giveaway and a healthy snack.

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

Health Fair Date	Time	Location
Thursday, Oct. 10	8 am-2 pm	Conference Room 2-4, Promenade MOB
Wednesday, Oct. 16	8-11 am	ROI Conference Room, Bldg. 5, South Valley Centre
Thursday, Oct. 17	10 am-3 pm	Conference Room A-C, MOB 2, South Sacramento
Tuesday, Oct. 22	7-11 am	Hospital hallway, between north & south tower, 2nd floor, South Sacramento
Thursday, Oct. 24	8 am –1:30 pm	Conference Room 3, Elk Grove MOB

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

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WELLNESS UNIVERSITY