



2025 Employee & Physician Health Fairs

Regular biometric checks can reduce your risk of cardiovascular diseases, Diabetes and other chronic conditions.

In 10 minutes, have your cholesterol, glucose, and blood pressure checked at one of our upcoming health fair:

Health Fair Date	Time	Location
Tuesday, Oct. 7	8 am-2 pm	Conference Room 2-4, Promenade MOB
Wednesday, Oct. 15	7-11 am	Hospital hallway, between north & south tower, 2nd floor, South Sacramento
Friday, Oct. 24	8 am-2 pm	Conference Room 3, Elk Grove MOB
Thursday, Oct. 30	10 am –2 pm	Calvine & Cosumnes CRs, MOB 2, South Sacramento

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

Also at the fairs– flu shots and other wellness resources.

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

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

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