



2026 Employee & Physician 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.

Date	Time	Location
Thursday, Oct. 29	8 am – 2 pm	CR 3, Elk Grove MOB
Friday, Oct. 30	8 am – 2 pm	CR 2-4, Promenade MOB
Friday, Nov 6	10 am – 2 pm	CR A-C, MOB 2, South Sacramento
Tuesday, Nov 10	7 am – 2 pm	OSS CR 1-4, South Sacramento

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

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.

[Kaiser Permanente](#) and [Wellness University](#): *taking a genuine interest in employee well-being.*

Questions – email Employee-Wellness-SSC@kp.org or call (916)525-4820.
Visit kpwellnessu.org to learn more.

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