



HWRSD EMPLOYEE HEALTH FAIR

DATE: FRIDAY, MARCH 15, 2019

TIME: 1:30 P.M.—4:00 P.M.

PLACE: MINNECHAUG REGIONAL HIGH SCHOOL CAFETERIA

Open to all active and retired employees of
HWRSD and the Towns of
Hampden/Wilbraham

VENDOR TOPICS:

Benefit information from various health and other insurance plans
Representatives will be available to answer your questions

B/P check
Vision screening
Healthy eating
Fitness

Wellness promotion
Managing Stress/Mental Health
Chair Massage
AND MANY MORE!

Attend and check in at the welcome table
and you can enter a drawing for a

FREE raffle to win these items and more:

FITBIT ZIP Wireless Activity Tracker
GIFT BAG with wellness related items
YETI stainless steel insulated bottles

For more information contact: Teri Brand,
Nurse Leader, 566-5060 ext. 11,
tbrand@hwrzd.org

Or

Lyn Fioravanti,
SVRHT Wellness Coordinator,
lyn@scantichealth.org