



1ST ANNUAL EMPLOYEE HEALTH FAIR

PASSPORT TO A HEALTHIER YOU

March 28, 2019

2pm-5pm

Phoenix Union High School District Office

4502 N. Central Ave

Phoenix, AZ. 85012

USE YOUR PASSPORT TO HELP YOU NAVIGATE ON A HEALTHY JOURNEY.

- Students from the Sports Conditioning and Rehabilitation (SCAR) program to:
 - check pulse, respirations, and blood pressure
 - check balance and demonstrate balance training activities
 - check flexibility and demonstrate stretches
 - height and weight and figure the BMI
 - demonstrate myofascial release and massage techniques.
- Donors Network of Arizona
- Advanced Genomic Systems
- Fall into Fitness
- Phoenix Chamber of Commerce Wellness A to Z
- Banner Health's Employee Wellness Dietitian
- Club Pilates
- Auricle Acupuncture (from 3p-5p ONLY)
- MADD
- Do-Terra Essential Oils
- Blue Cross Blue Shield of Arizona
- Delta Dental
- TDA Dental
- VSP (vision)
- Horace Mann Financial

- All participants will receive great incentives and promotional items and can learn ways to help your health and well-being.
- Employees participating in the wellness incentive program can count this as one of three wellness activities.



United **4**Health