



Wellness Week

SEPTEMBER 23 - 27

FLU SHOTS

Pharmacy
INNOVATIONS, LLC
An affiliate of Northeast Ohio Medical University

- Tuesday 6:30-8:30 am
- Wednesday 11 am-1 pm
- Thursday 4-6 pm

Vaccinations will take place at Rootstown Community Pharmacy

Select an appointment [HERE](#)

FREE WEEK PASS

SEQUOIA
wellness

Non-members can enjoy the benefits of Sequoia membership September 23-29 - FREE!

Group exercise classes included

Stop at the front desk to get started!

VENDOR FAIR

Wednesday
11 am - 1 pm

Watanakunakorn Atrium

- Benefit Vendors
- NEOMED & Community partners
- Chair Massages
- Giveaways
- Prize drawings
- & more!

LUNCH & LEARN

Friday
12:15- 1:15 pm
RDEC Room

Join the Sequoia Dietitians for a presentation on daily nutrient balance!

Lunch will be provided

Space is limited!
Advance registration is required

Register on the portal

BOARD GAMES

Monday 11 am - 2 pm
in the NEW Center Atrium

GROUP WALK

Tuesday 12 - 12:30 pm
meet at the NEW Center Fountain

THERAPY DOGS

Thursday 11:30 am - 1 pm
in the Watanakunakorn Atrium

WELLNESS DISCOUNT QUALIFICATION DEADLINE IS SEPTEMBER 30

CHANCES TO WIN PRIZES AT EVERY EVENT!

Wellness points will be awarded for participation

Register for events on the portal:

www.neomedwellnessfs.com

