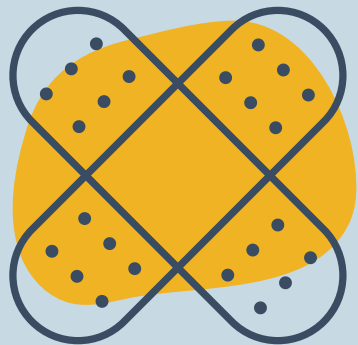




WELLNESS AT NEOMED

NEOMED



HEALTH FAIR

Wednesday,

February 22nd

at Cook Alumni Hall

11:00-2:00pm

**Get Free Blood
Pressure Screenings
& Information**

*Visit over 20 vendors and
receive raffle tickets to win
wellness themed prizes!*

Participate in FREE Chair
massage and Reiki!



*Earn up to 0.5 Incentive Bonus Points for
attending!

WELLNESS AT NEOMED

Featured Lunch and Learn

Resiliency: Taking Care of Yourself while Taking Care of Others.

Join us as our speaker, Dr. Margy Sanders, guides us through self-care tools and techniques to build resiliency and how you can implement this knowledge in your daily life.

As lunch is provided, please RSVP by following by February 14th using the QR Code below

All attendees are eligible to win from 10 grand prizes including:

- Basketball Hoop and Ball
- Adjustable dumbbells and weight bench
- Fitbit, Exercise Mat, and Kettlebell
- Bike, Bike Helmet, and Bike Lock
- Golf Set
- Kayak, Lifejackets, and Cooler Set
- Pickleball Set
- Outdoor Games set (Bocce, Kan Jam, Ladderball, and Cornhole)
- Yoga Basket
- Light Therapy Basket

