

2015 Alameda County Employee Health Expo

Celebrate Becoming **healthy-ish**



Benefit Providers

- Representatives from:
AFLAC, CIGNA, Claremont EAP,
Commuter Check Direct, Delta Dental,
Hyatt Legal – MetLaw, Kaiser Permanente,
Land Home Financial, Liberty Mutual,
Prudential, UnitedHealthcare, VSP

Free Health Screenings

For ALL County Employees at all locations:

- Seasonal flu vaccine, blood pressure,
bone density

For UnitedHealthcare Members
(at Dublin 7-11am, Oakland 9am-3pm):

- BMI, blood pressure, cholesterol,
& blood glucose

This program is co-sponsored by the Risk Management Unit of the County Administrator's Office and the Employee Benefits Center, a Division of Human Resource Services. County employees wishing to attend must obtain approval from their supervisor in advance of the day they plan to attend. Approval is based upon workload demands and staffing considerations.

For more info, email wellness@acgov.org

Mini Classes

- Chair yoga
- Healthy sleep
- Financial fitness
- Hands-on CPR

Relax, Rejuvenate

- Free chair massage
- Nutritious smoothies

**WIN
PRIZES!**

Giveaways
at each booth
Free drawings
every hour

Hayward

Tuesday, October 20

9am – 2:30pm

24100 Amador St.

Eden Area Multi-Service Center,
2nd & 3rd floors

Dublin

Tuesday, October 27

7am – 3pm

4985 Broder Blvd.

Office of Emergency Services

Oakland

Thursday, October 29

9am – 3pm

125-12th St.

Training & Education Center
3rd & 4th floors