

*Be Strong. Be Healthy.*



*Be Happy.*

**Health Screenings**

*Bone Density  
Blood Glucose  
Blood Pressure  
Lung Cancer*

**Education Topics**

*Breast Cancer  
Health Coaching  
Varicose Veins  
and more*

**Fitness Activities**

*Corn Hole  
Minute to Win it  
**Door Prizes**  
Giveaways  
Raffles*

# Health & Wellness Fair

April 5, 2019

11:00 a.m. - 1:00 p.m.

CTC Exhibit Hall

(UAH Faculty and Staff )

**First 100 employees to visit the Charger Fit table will receive a 2019 Charger Fit T-Shirt!**



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