

Monday

September 18th

Tuesday

September 19th

Wednesday

September 20th

Thursday

September 21st

Friday

September 22nd

On-Site Comprehensive Eye Exams: Monday - Thursday

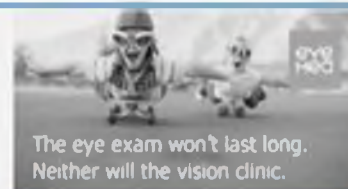
WHEN: 9/18 11:00 am - 5:00 pm
9/19 9:00 am - 5:00 pm
9/20 9:00 am - 5:00 pm
9/21 9:00 am - 1:00 pm



WHERE: Blatt Bldg. Room 317



www.SCVisionClinic.com



Palmetto Health Digital Mobile Mammography

The Mobile Mammography Bus is coming soon!



When detected early, breast cancer cure rates approach 100%.

Request an Appointment:

- Call 803-296-8888
- Or visit www.palmettohealth.org (click Patients/Guest- Request an Appointment)
- If you are age 40 or above no doctor's order is required.
- If you are under the age of 40, then an order is required.

2017 State House Wellness & Benefits Fair

Time: 10:00 AM until 2:00 PM

Location: State House Grounds- Concourse between Wade Hampton Bldg. & Edgar Brown Bldg.

Over 30 organizations will be on-site to share their great benefit and wellness options! Valuable information and great door prizes!

See you there!



FALL GARDENING WORKSHOP

Time: 2:30 PM – 4:00 PM

Location: Brown Bldg. Room 252



FREE Flu Shot Clinic

Time: 9:00 AM until 1:00 PM

Location: State House Grounds, Edgar Brown Building Room 248

Get your shot early this year!

The vaccination is FREE to all state health plan participants.



Healthy Eating 101

Time: 1:00 PM until 2:30 PM

Location: Blatt Bldg. Room 112

Join Health Educators from DHEC to refresh your nutrition knowledge!



COOKING DEMO

There will be door prizes, a cooking demo, and samples!

Financial Wellness Courses



Location: State House Grounds, Edgar Brown Building Room 252

Finances stressing you out? Come learn from your very

own financial wellness coach, Ron King!

Ron will be hosting two courses:

- Banking & Budgeting 11:00 AM – Noon



- Credit Building & Repair 12:15 PM - 1:15 PM

Retirement Ready!

Time: 9:00 AM until Noon

Location: State House Grounds, Edgar Brown Building Room 252

Ready for retirement? TERI ending soon? Join us Friday- We will have speakers discussing:



- PEBA Retirement
- PEBA Insurance
- Leave Payout
- SC Deferred Compensation

STEP-TEMBER! Wellness Walk



Time: Noon until 2:00 PM

Location: State House Grounds

Get moving and get fit at this spectacular Friday Walk! Grab your friends, your co-workers, and & walking shoes and step away from that desk for a fun walk-break!

Prizes, refreshments & more!

See you there!