

Monday

September 18th

Tuesday

September 19th

Wednesday

September 20th

Thursday

September 21st

Friday

September 22nd

**On-Site Comprehensive Eye Exams: Monday - Thursday**

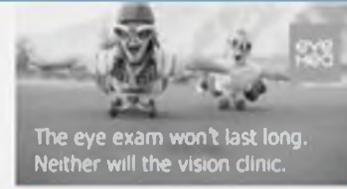
**WHEN:** 9/18 11:00 am - 5:00 pm  
9/19 9:00 am - 5:00 pm  
9/20 9:00 am - 5:00 pm  
9/21 9:00 am - 1:00 pm



**WHERE:** Blatt Bldg. Room 317



[www.SCVisionClinic.com](http://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](http://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!



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!