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To: ALLUSERS <ALLUSERS@scspits.local>

Date: 8/29/2017 11:55:14 AM

Subject: FW: State House Wellness Week- Full Calendar of Events!

Attachments: 2017 Wellness Week Flyer- Final.pdf

2017 Wellness Week Calendar- Final (update 8.28).pdf

FYI

Wellness Week calendar

Nurse Betsy

Good Afternoon Everyone,

We are happy to release our 2017 State House Wellness Week Calendar! We hope that you can share this great set of events with your employees and co-workers. Thanks for always supporting health & wellness!

Please let me know if you have any questions!

Best in health,

-Alex Wilcox

SCPRT

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| 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 | | | 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:  <ul style="list-style-type: none"> • PEBA Retirement • PEBA Insurance • Leave Payout • SC Deferred Compensation | |
| 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. <i>Over 30 organizations will be on-site to share their great benefit and wellness options! Valuable information and great door prizes!</i> See you there!  | 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 <i>Finances stressing you out? Come learn from your very own financial wellness coach, Ron King!</i> Ron will be hosting two courses: <ul style="list-style-type: none"> • Banking & Budgeting 11:00 AM – Noon • Credit Building & Repair 12:15 PM - 1:15 PM  | 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! |
|  SOME EVENT REQUIRE AN RSVP- SEE THE LINKS BELOW  | | | | |

2017 State House Wellness Week Event RSVP Links:

- Monday-Thursday, September 18-21: On-site Vision Clinic & Eye Exams
- Monday, September 18th: Mobile Mammogram- Call (803) 296-8888 or visit www.palmettohealth.org
- Tuesday, September 19th: Fall Gardening Workshop
- Wednesday, September 20th: FREE Flu Shot Clinic!
- Wednesday, September 20th: Healthy Eating 101
- Thursday, September 21st: Banking & Budgeting Course
- Thursday, September 21st: Credit Building & Repair
- Friday, September 22nd: Retirement Ready!

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