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Date: 9/13/2017 1:09:02 PM

Subject: FW: Vision Screenings, Flu Shots & More- RSVP Now for Wellness Week Events - Sept. 18-22

Attachments: State of SC comm temp..pdf

Just a reminder that Wellness Week is coming September 18--22.

Wellness Week is hosted by SC Parks, Recreation and Tourism. They have a variety of interesting functions that they will be offered to all Capitol Complex state employees. Scroll down to check out what is available throughout the week!!!

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Getting healthier just got easier- Wellness Week 2017!

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

-  Thursday, September 21st: Credit Building & Repair

-  Friday, September 22nd: Retirement Ready!

2017 State House Wellness Week

Sept. 18-22, 2017

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!

RSVP

SOME EVENT REQUIRE AN

RSVP- SEE THE LINKS BELOW

RSVP

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