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To: ALLUSERS <ALLUSERS@scspits.local>

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

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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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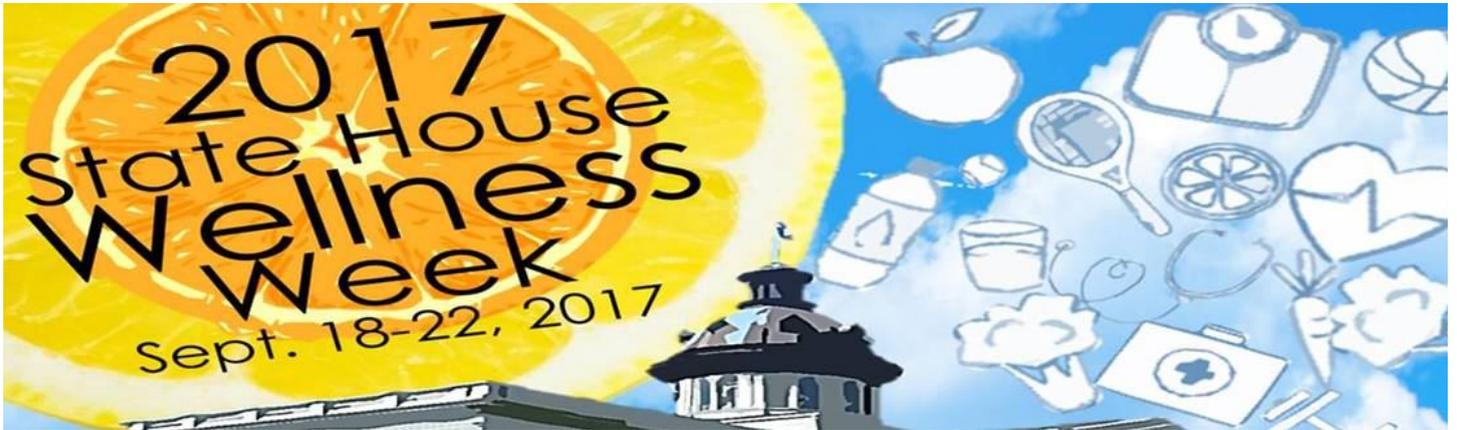
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## Getting healthier just got easier- Wellness Week 2017!

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

- o  Thursday, September 21<sup>st</sup>: Credit Building & Repair

- o  Friday, September 22<sup>nd</sup>: Retirement Ready!



<b>Monday</b> September 18th	<b>Tuesday</b> September 19th	<b>Wednesday</b> September 20th	<b>Thursday</b> September 21st	<b>Friday</b> September 22nd
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**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)

**Retirement Ready!**  
Time: 9:00 AM until Noon  
Location: State House Grounds, Edgar Brown Building Room 252

**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



**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!**

**Retirement**

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

**RSVP** SOME EVENT REQUIRE AN RSVP- SEE THE LINKS BELOW **RSVP**

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