

From: Betsy Hossenlopp <BetsyHossenlopp@scsenate.gov>
To: ALLUSERSALLUSERS@sclpits.local
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Subject: Fwd: Summer Screening & Snacks Wed/Thurs- A Healthier State House

Sent from my iPhone

Begin forwarded message:

From: Jennifer Wright <jwright@scha.org>
Date: June 25, 2018 at 2:00:21 PM EDT
To: Jennifer Wright <jwright@scha.org>
Cc: Sara Grace Bailey <sbailey@scha.org>, Betsy Hossenlopp <betsyhossenlopp@scsenate.gov>, Emily O'Sullivan <eosullivan@scha.org>
Subject: Summer Screening & Snacks Wed/Thurs- A Healthier State House

The A Healthier State House team hopes to see you this week for your summer screening! Be sure to know your most up to date biometrics, lipids/glucose, and tips for optimal health.

State House Lobby Screening- screening takes about 10 minutes with immediate results; brief waiting may occur if high volume of participants come at the same time.

6/27, Wednesday, 10am-4pm

6/28, Thursday, 9am-4pm

*8 hour fasting for best results, but not required; water and necessary medications that don't require food are allowed

We'll have grab & go snacks for those who stop in for a screening. Nutritious food and activity fuel energy and cognition. We've got Fitbit discount codes for those who still haven't received one in 2018. Our next Challenge against the Vermont State House teams will start in early July. Being at your fittest helps prepare you for life's joy's and uncertainties. We're here to help you attain your fitness and wellbeing goals.

Have a joyful and active week!

Jen

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