

Employee Health & Benefits Fair



2015

Where **HEALTH HEROES** meet!

FRIDAY, OCT. 30
7 AM - 2 PM
ABQ Convention Center – Hall 4

Family Members Invited

2 Hours Approved Time to Attend
with Supervisor's Prior Approval

Free Parking Pass at <http://eweb.cabq.gov>



FLUSHOTS

Bring your medical insurance ID card.

\$0 cost for most health plans.

Over 90 Wellness & Benefits Exhibits
Healthy Giveaways and Prizes

Free insulated mug to employees who attend the Health Fair



MAMMOGRAMS (8 am– 5 pm)

Mammography van will be parked near
Convention Center entrance, on 3rd Street.

Appointments Required, Call 332-6967 to Schedule

BetterHealth
CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

FREE HEALTH SCREENINGS

Cholesterol • Fasting Glucose • A1C for People with Diabetes – **7a.m. - 10a.m. ONLY***
Blood Pressure, Body Fat, and More – **all day**

Assess your need for colorectal cancer screening
and find the test that's right for you

*8 Hour Fasting Required, No food – but please drink plenty of water and take medications as usual.

For more information, contact Lisa Gatan

Health and Wellness Program Coordinator • 768-2921 (TTY 711)