



# OCTOBER 16th

## Faculty & Staff Wellness Fair

### DJ - PRIZES - REFRESHMENTS - GIVEAWAYS - POINTS



#### FLU SHOTS

250 Points  
8:00 am - 1:30 pm - Field House  
3:00 pm - 5:00 pm - N. Campus Great Hall  
**Pre-registration required!** Scan QR code on your phone or [click this link](#) and enter login ID **rwu1016** for AM or **rwupm1016** for pm



#### Biometric Health Screenings

8:00 am - 1:30 pm - 500 Points  
Check your blood pressure, cholesterol, blood sugar, & review with a health professional.



**Pre-registration recommended.** Scan QR code or [click this link](#)



#### RI Elder Info & Oakley Home Access

Get info on comprehensive resources for Rhode Island Caregivers & Seniors



#### InBody Composition Check Up

10:00 am - 1:30 pm  
Go beyond the scale with this quick, non-invasive full body analysis of lean muscle & fat. **Scan QR to register** or [click this link](#) to reserve your spot.



#### Chair Massages & Ergonomics

10:00 am - 1:00 pm  
Rest & Relax with 5-10 minutes of Chair Massage and get best practices for workplace ergonomics.



#### Financial Wellness Benefits

10:00 am - 1:00 pm  
Meet with Social Security, Aflac, London Health, Genworth Long Term Care, AIG/TIAA, & CollegeBound Saver Program



#### VSP Vision & Dental Benefits

10:00 am - 1:00 pm  
Stop by for more info on your Vision & Dental Plan.



#### Ask a Dietitian

Separate fact from fiction and get all your nutrition questions answered.



#### Fitness & Wellness Studios

Separate fact from fiction and get all your nutrition questions answered.



#### BCBSRI & Virgin Pulse

10:00 am - 1:00 pm  
Bring your questions - we have answers!

**...PLUS MUCH More!**