

The WorkLife Wellness Committee and the Office of Human Resources presents:

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SU's Fifth Annual Faculty and Staff Wellness Fair
 Thursday, October 22, 2009
 Archbold and Flanagan Gymnasiums
 11 a.m. - 2 p.m.

New Location!

Archbold & Flanagan Gymnasiums
SUID Required

Harvest for Health will take place in the Archbold and Flanagan Gymnasiums, so that the event can incorporate tours of the building and fitness demonstrations. **A SUID card is required for access to Archbold and Harvest for Health.**

Those without an SUID will not be permitted in the building.

Wellness Vendor Fair

No advance registration required.

Harvest for Health will include over 40 local and University resources sharing educational information on wellness issues and services.

Complete Health Screenings
Presented by POMCO through
Wellness by Choice

Available between 11 a.m. - 2 p.m. Appointment required.

POMCO, SU's medical plan administrator, has contracted with Wellness by Choice, an independent wellness company, to conduct FREE complete health screenings. The screenings include reports on your height, weight, body fat percent, blood pressure, heart rate, lipid profile and glucose levels. Each screening takes about 15 minutes and you will receive your personal results before leaving the screening area. Results are CONFIDENTIAL. To schedule your appointment and find out more about this screening visit: <http://humanresources.syr.edu/highlights/harvestforhealth.html>. A limited number of appointments are available on a first come, first served basis.

Flu Shots will **not** be available at Harvest for Health
 SU faculty and staff should be in contact with their primary care physician to get information on vaccination options available to them based on their personal health history.

Alzheimer's Association	SEBF Vision and Dental
Medco	Centre Syracuse
The Art of Massage	NYS Arthritis Foundation
Fleet Feet	Crouse Hospital
Vera House	OCD of Aging and Youth
Zen Center of CNY	Public Safety
Sleep Center SUNY	Loretto Health
CNY Healing Arts Ctr	Transcend Wellness Studio
Weight Watchers	Poison Control
The Gebbie Clinic	CNY Chiropratic College
Central NY Eye Bank	Hill and Markes
ORANGE WRAP	Recreation Services
E.S. Bird Library	Goldberg Therapy Center
St. Joseph's Wellness	Syracuse Fire Dept
American Cancer Society	Campus Bookstore
Prevention Network	National Kidney Foundation