



# Faculty/Staff Benefits & Wellness Fair

Tuesday, October 17, noon – 7 p.m.  
Wednesday, October 18, 7 a.m. – noon  
**Rolfs Sports Rec Center**



*There are eight categories of well-being, and we are well when each is properly aligned in the best way for our individual lives. Irish Health is your opportunity to learn about benefits and programs that fit these dimensions to help you achieve **Well-Being for Life!***



## PRIZES

- Gift Baskets to help you achieve Well-Being across the eight dimensions

### Cooking Demonstrations by Chef Miller

- Tuesday, Oct. 17, 12:15 p.m. - Family Game Area
- Tuesday, Oct. 17, 1:15 p.m. - Family Game Area

### Hear US Paralympian Natalie Bieule Tell Her Story

- Tuesday, Oct. 17, 3:00 p.m. - Family Game Area
- Tuesday, Oct. 17, 4:00 p.m. - Family Game Area

- 50+ benefits/wellness vendors
- Chair massages
- Refreshments
- Health screenings by Memorial
- Open enrollment assistance
- Mobile mammogram unit
- Vision/hearing screenings
- Wellness coaching

**Asistencia para hacer cambios a sus beneficios (Open Enrollment)**  
disponible en español el miércoles 18 de octubre de **8:30 a.m. a 10:30 a.m.**

