



More than
70
health and wellness
exhibitors

Learn about
the YP4H Personal
Health Coaching
Program



Complimentary YP4H
Biometric Health
Screenings

*(Preregister at
YourPlanForHealth.com)*

Check your blood pressure,
cholesterol, glucose,
weight, and height.



Visit our workshops:

- 11 a.m. Tai-chi
- 11:30 a.m. Food demos
- Noon Yoga
- 12:30 p.m. Food demos



Complimentary:

Healthy lunch snacks
Osteoporosis and
skin cancer screenings

Chair massages

Columbus Photobooth pictures
and much more!



Blood Drive

*(Preregister at givelife.org,
sponsor code: buckeyes
or call [800] GIVE-LIFE)*



Visit our marketplace
(Be sure to bring cash!)

Zen Cha Tea Salon
North Market Spices
Bird Haven Farm Fresh Produce
Snowville Creamery
Mockingbird Meadows Honey



Join Us for Our 10th Anniversary Celebrating Wellness and Good Health

The Annual Faculty and Staff

Rally **W**ellness! for Health Fair

Sponsored by:



Health Plan

Supporting Sponsors:

USAC RPAC

Wednesday, September 14

10:30 a.m.–1:30 p.m.

Recreation & Physical Activity Center (RPAC)