

Employee Health **FAIR**

Know **Your** Numbers!



October 18

10:00 a.m.– 2:30 p.m.

in the RecPlex basketball courts, second floor

Get Your Flu Shots 

Healthy Fun for Everyone!

Win prizes, play games, enjoy healthy snacks, and have fun as you find easy ways to bring more health into your life, and learn how NSU resources can help you control your health care costs.



Know Your Numbers!

Have your metabolic screenings (including glucose, blood pressure, cholesterol, and waist circumference).



Win Prizes!

Complete an activity at each booth. The more you play, the greater your chances to win a prize of your choice.



Fitness Demos

Fitness Demos, including workouts you can do at home, and get fitted for your spin bike.



**For more information,
please contact the
Office of Human
Resources
(954) 262-4748, or
HR4U@nova.edu.**

