



**FREE
BLOOD PRESSURE CHECK
PUBLIC WORKS LUNCH ROOM**

Open to all employees

12:00 to 1:00 p.m.

Our wellness program continues!

**Have your blood pressure checked 7 out of 10 months between
September, 2018 and June, 2019 and receive a \$25 gift card!**

Fall 2018 Dates:

Thursday, September 13, 2018

Thursday, October 11, 2018

Thursday November 15, 2018

Thursday, December 13, 2018

Thursday, January 10, 2019

KNOW YOUR NUMBERS! GET YOURS CHECKED!