



Employee Benefits Health Education Series

MARCH 2009

March Nutrition Awareness Presentation



When: Tuesday, March 17, 2009
Time: 11:00—12:00 p.m.
Location: City Hall
City Commission Room—3rd Floor



TO: All Employees

Our mission is to promote health awareness and to encourage healthy lifestyles

Agenda:

Nutrition

Importance of making informed food choices

Developing sound eating

Get the most nutrition out of your calorie

Maintaining physical activity habits

Risk factors

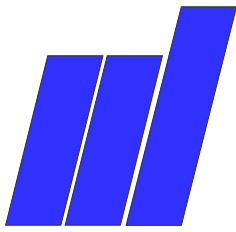
On behalf of the Benefits Department and in conjunction with Doctors Hospital at Renaissance and American Dietetic Association, we will offer the venue of a wellness experience.

We realize our employees are always looking for unique and inspiring educational health networking and that's where we come in. As health care expenses continue to increase, it is important to focus on strategies that reduce the prevalence and cost of preventable diseases. Our efforts are designed to encourage our employees to become more aware of risk factors that are adversely affecting their health and productivity.

Employees will receive health tips to take home and a plan for taking better care of themselves. Just imagine an incentive reward and a wellness event all in one.

Please make plans to attend.

For more information, please contact the Benefits Office at 681-1400.



Employee Benefits Health

March is National Nutrition Month

To promote health awareness and to encourage healthy lifestyles the Employee Benefits Department and in conjunction with the

Doctor's Hospital at Renaissance

Will offer an educational seminar for all Employees.

When: March 17, 2009

Time: 10:45 a.m. - 11:45 a.m.

Location: City Commissioners Room
(City Hall 3rd floor)

Agenda

Speaker

Q&A

Speaker

Q&A



For more information contact the Benefits Dept. at 681-1400