

EMPLOYEE HEALTH **FAIR**

Know **Your** Numbers!



October 12

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).



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



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



**For more information,
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Table of Contents Health And Wellness Fair Program Guide Sample

1. Understanding the eBook Health And Wellness Fair Program Guide Sample
 - The Rise of Digital Reading Health And Wellness Fair Program Guide Sample
 - Advantages of eBooks Over Traditional Books
2. Identifying Health And Wellness Fair Program Guide Sample
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Health And Wellness Fair Program Guide Sample
 - User-Friendly Interface

4. Exploring eBook Recommendations from Health And Wellness Fair Program Guide Sample
 - Personalized Recommendations
 - Health And Wellness Fair Program Guide Sample User Reviews and Ratings
 - Health And Wellness Fair Program Guide Sample and Bestseller Lists
5. Accessing Health And Wellness Fair Program Guide Sample Free and Paid eBooks
 - Health And Wellness Fair Program Guide Sample Public Domain eBooks
 - Health And Wellness Fair Program Guide Sample eBook Subscription Services
 - Health And Wellness Fair Program Guide Sample Budget-Friendly Options
6. Navigating Health And Wellness Fair Program Guide Sample eBook Formats
 - ePub, PDF, MOBI, and More
 - Health And Wellness Fair Program Guide Sample Compatibility with Devices
 - Health And Wellness Fair Program Guide Sample Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Health And Wellness Fair Program Guide Sample
 - Highlighting and Note-Taking Health And Wellness Fair Program Guide Sample
 - Interactive Elements Health And Wellness Fair Program Guide Sample
8. Staying Engaged with Health And Wellness Fair Program Guide Sample
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Health And Wellness Fair Program Guide Sample
9. Balancing eBooks and Physical Books Health And Wellness Fair Program Guide Sample
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Health And Wellness Fair Program Guide Sample
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Health And Wellness Fair Program Guide Sample
 - Setting Reading Goals Health And Wellness Fair Program Guide Sample
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Health And Wellness Fair Program Guide Sample
 - Fact-Checking eBook Content of Health And Wellness Fair Program Guide Sample
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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