

2008 CAMPUS EMPLOYEE WELLNESS FAIR!

Wednesday, March 19, 2008

9:00 a.m. – 3:00 p.m.

Ballroom, Hunt Union

The following organizations will have representatives and information available:

- **Opportunities for Otsego** – Community services available
- **Catskill Area Hospice** – Palliative care and “5 Wishes Program”
- **Rural 3 for Tobacco Free** – Stop smoking and tobacco related issues
- **Otsego County Dept. of Health** – Radon, rabies and lead related issues
- **Consumer Credit Counseling Services** – Debt management
- **LEAF, Inc.** – Substance abuse and what every parent should know
- **American Cancer Society** – Cancer prevention, screening, and treatment
- **Dr. Jennifer Beuche, Nutrition and Dietetics Program** – Healthy nutrition
- **Ms. Tracey Ranieri, Athletics Dept.** – Healthy activities, fitness opportunities
- **Otsego County Office of the Aging** – Elder care, Medicare, NY Connect
- **Ms. Ricky O’Donnell, Health Center** – Blood glucose and blood pressure
- **University Police** – Personal and Family safety
- **Employee Assistance Program** – All services available to campus employees
- **CSEA Local Chapter** – Benefits available
- **United University Professions** – Benefits available

PLUS

PLAN TO ATTEND

FUNFILLED AND INFORMATIVE

PRESENTATIONS: 11:00 AM and 3:00 PM

Ms. Merci Miglino

Speaker, Trainer, Author and Life Coach

KEY NOTE SESSION: “CLIMB IN AND HOLD ON!”

White Water Strategies for Thriving in the Workplace

11:00 AM in the Waterfront Café, Hunt Union

CLOSING SESSION: “WE CAN WORK IT OUT!”

Explore the Top Ten Ways to Create and Sustain a Healthy You

3:00 PM in the Waterfront Café, Hunt Union