

# Wellness

## Health Screening Event!

Presented by HNE Healthy Directions

Sign up today!\*

Julia Wilkins – 322-5595/  
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or

Deb Schaier – 322-5598/  
schaierd@holyoke.org

### Fire & Police

Fire Headquarters  
Wednesday, February 17  
at 9am - 12pm & 3 - 5pm

HNE & BCBS Members  
must bring ID cards!

### Schools- Blood pressure, BMI, & body composition only

Holyoke High- Tuesday, March 15 at 2-5pm  
Central Office- Thursday March 17 at 11am-2pm  
Kelly Elementary- Tuesday, March 22 at 3-5pm

### City Hall, DPW, Council on Aging, Wistariahurst Museum, Library, & War Memorial

City Hall Auditorium, 4<sup>th</sup> floor  
Thursday, April 28  
at 11am - 2pm

### HG&E & Retirees with City insurance

HG&E Main Office  
Wednesday, August 17  
At 12 - 3pm

### **Seated Chair Massage! Fun Giveaways! Raffles! Health Screenings!**

Blood Pressure • Body Fat Composition • Body Mass Index (BMI)  
Cholesterol • Non-Fasting Glucose • WebMD® Wellness Portal

\*Participant must be a full or part time regular employee and can have HNE, BCBS, or non-City insurance

Workplace Wellness  
Make Working for Holyoke  
Work for You



  
Healthy Directions  
A product of Health New England

