



# Employee Health & Benefits Fair

Family Members Invited

Riding the Wave of **HEALTH**

Friday, Oct. 28 • 7 a.m. - 2 p.m.

**2 Hours** Approved Time to Attend  
with Supervisor's Prior Approval

**FLU SHOTS**

Bring your medical insurance ID card. \$0 cost for most health plans.

Over 100 Wellness & Benefits Exhibits  
**Healthy Giveaways and Prizes**

Free salad tumbler *or* fruit infusion water bottle to employees who attend the Health Fair



**Free HEALTH SCREENINGS**

Cholesterol • Fasting Glucose • A1C for People with Diabetes – **7 a.m. - 10 a.m. ONLY\***  
Blood Pressure, Body Fat, and More – **All day**

Assess your need for colorectal cancer screening and find the test that's right for you

\*8 Hour Fasting Required, No food – but please drink plenty of water and take medications as usual.

**MAMMOGRAMS (8 a.m. – 5 p.m.)**

Mammography van will be parked near  
Convention Center entrance, on 3rd Street.

Appointments Required, Call 332-6967 to Schedule

**Mobile Health Center**

7am – 10am & 11am – 2pm

Bring your Presbyterian Member ID.

Call 220-6562 for an appointment. Walk-in visits will depend upon provider availability.

## PARKING VOUCHER

**PARKING LOT:** Convention Center Parking Garage  
Enter from Martin Luther King Blvd. & Broadway

**DATE:** Friday, October 28, 2016  
**Parking Garage Opens at 6:15 a.m.**

**ACTIVITY:** BetterHealth Employee Health & Benefits Fair, Hall 4

**This voucher is only valid for the date listed above and only for the Convention Center Parking Garage.**

Parking fees for other parking lots will not be validated for this event. **You must print and present this voucher to obtain free parking.**

Individuals using this voucher are responsible for securing their vehicles and taking reasonable precautions, such as placing valuable items in their vehicles out of sight, reporting any suspicious persons or activity to the Convention Center, and seeking an escort to their vehicles if feeling unsafe for any reason. The City of Albuquerque is not responsible for damage to or theft from their vehicles caused by other parties.