



Employee
Wellness
Program

SAVE THE DATES!!!



DATE: MONTHLY

TIME: NOON

First Quarter—2 0 0 8

✓ January 17—Felicia Moffett

Metabolic Syndrome

✓ February 13—Mike Gable

*Your Path to Wellness: Problems—knowledge—
awareness—action—solutions*

✓ March 12—Barbara Higginbotham

Nutrition

Lectures to take place at NIH.

Location to be announced.

Check www.nih.org for the latest information

CONTACT PERSON:

DANNY DAVID

760-873-5811 EXT. 2240

*RSVP required -
Seats limited
Lunches provided
courtesy of
Bishop SUBWAY
sandwiches*

Health & Fitness

Lectures

