MyLife MyPlan

Norfolk Employee Wellness

Work Hard · Eat Right · Live Well · Play Often

Free and Confidential Health Screenings

Get to know your numbers!

Participate in one of the following screening opportunities.

Screenings will be completed at

520 East Main Street in the HR Training Room from

10:00 am—12:00 pm

Month	Day
July	8th
July	22nd
August	5th
August	19th
September	16th
September	30th
October	14th
October	28th
November	12th
November	25th
December	23rd

Knowing your health risks and what you can do to improve them is one of the most important steps towards wellness. At this screening, you'll learn more about:

- **Blood Pressure**
- **Cholesterol**
- **Diabetes Risk**
- **Body Mass Index (BMI)**
- **Tobacco Cessation**
- **Regular Physical Activity**

Find out how your results can affect your risk levels for other conditions such as heart disease, stroke, cancer and more. Do it for yourself *and* for those you love.

OptimaHealth