



## **DSEHP Health Fair**

**Location: DFT Building 15250 Mercantile Dr.**

**Wednesday, October 7, 2015 from 2:00 to 7:00 p.m.**

The DSEHP Wellness Committee working alongside our insurance carriers, HAP and Delta Dental, are pleased to have the following booths available for you.

- **Booth 1 - Who and What is the DSEHP? Dearborn Schools Employee Healthcare Program.** At this booth you can ask the questions that you have always wanted to know about your VEBA from Trustees and/or Wellness Committee Members.
- **Booth 2 – Get your annual Adult Flu Shot.** Stay healthy. Adult flu shots will be available for you and any adults over the age of eighteen. Please refer to Flu Shot flyer for more information.
- **Booth 3 – Rethink Your Drink.** A great visual experience of what is in the drinks we have every day. How to read the label.
- **Booth 4 – Blood Pressure and BMI.** Find out where you are today for it's never too late to get started.
- **Booth 5 – Healthy Cooking Demonstration.** Demystify healthy food and let your taste buds celebrate! A Certified Chef will demonstrate delicious, healthy recipes. Participants will get to sample the recipes prepared and will receive the HAP Quick and Simple Cookbook.
- **Booth 6 – Biomechanical assessment.** This is a 5-Minute movement assessment. This quick assessment enables a physical therapist assess your movement, find potential injury trends and provide solutions to decrease your musculoskeletal pain and injury.
- **Booth 7 – Enter the DSEHP Step Challenge.** Register for Hit Your Stride and compete for the most step during a 6-week period. A real-time leader board displays your overall standing in steps and see walking progress. This challenge is mobile-compatible and works with your Fitbit or other wearable devices. Gift cards for the top 10 will be sponsored by HAP.
- **Booth 8 – Register and learn how to use the HAP portal to access great information.** Learn to utilize the tools available to you to support your wellness goals.

Join us in supporting you in your "Wellness" objectives. If you go to 5 of the 8 booths you will be entered into a drawing for 2-\$100 and 5-\$50 Visa gift cards sponsored by HAP.

**We are looking forward to seeing you at the Health Fair  
on Wednesday October 7<sup>th</sup>!**