

# UAF Staff Appreciation Day

## Health Fair

Wednesday, May 16  
12:00 pm - 4:00 pm  
Wood Center

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- Chair Massages\*
  - Cholesterol Screenings\*
  - Blood Pressure Screenings
  - Body Composition Analysis
  - Healthful Food Demonstration and Snacks
  - "Minute to WIN It" Challenge
  - Nutrition Education
  - UA Health In Action Programs and Services Information
  - Combined Yoga/Circuit Bands demo from 9:15 - 10:15 am, Wood Center Conference Rooms E and F.
  - And More!

For UAF Faculty & Staff

*\*Only UA Health Plan eligible employees are eligible for screenings and massage. Registration is required and services are provided on a first-come, first-serve basis. Sign-up sheets will be available beginning at 11:30 am.*

visit [www.uahealthinaction.com](http://www.uahealthinaction.com) for details.

Health Fair hosted by WIN for Alaska, Inc. A partnership between WIN for Alaska, Inc. and the University of Alaska.