

Employee Health and Wellness Fair

EVENT AGENDA AND VENDOR DETAILS

11am – Event opens. Vendor tables, biometric screenings and wellness practitioners available

11:45am to 12:15pm – Sodexo cooking demonstration

12:15 to 12:30pm – Guided Breath Meditation with Kelly Ravenscroft from Coastline EAP

12:40 to 1:00pm – Body Scan Meditation with Kelly Ravenscroft from Coastline EAP

1:15 to 1:40pm – Chair Yoga with Christopher Carbone

The following vendors will be available throughout the event:

Beacon Mutual Insurance – Visit the Beacon Mutual table for information on Office Ergonomics, regarding proper "Workstyle" position as well as information and instruction on where your computer equipment should be located on the desk.

Coastline EAP – Visit the Coastline EAP table to learn about all the services Coastline offers to Salve employees and their families. Also find information about the benefits of regular exercise and tips on dealing with stress. Enter their raffle to win a \$15 gift card to Rite Aid.

Health Services – Visit the Health Services table to have your blood pressure taken, which can be entered into the Momentum+ wellness portal at the Tufts table. Also learn your heart score and find information on keeping your heart healthy.

Lifespan – Visit the Lifespan Newport Hospital table for healthy recipes, wellness tips and information on the broad array of health services we offer, both at our state-of-the art facility and through our affiliated primary care and specialty practices. Also, have your blood pressure checked as one of the biometric screenings to be entered into the Momentum+ Wellness Portal.

Mercy Center – Visit the Mercy Center table and discover the benefits of a spiritual practice. Enter the raffle to win an inspirational candle from the Mercy Candle Company.

Sodexo – Visit the Sodexo table and join a Sodexo Dietitian and Chef as they teach you how to make Roasted Red Pepper Hummus and Chicken Hummus Wraps! Learn how easy it is to make this nutritious spread and unique ways to add it to your meals. Other items for sampling will be a nutrient packed smoothie, carrot ginger soup, kale salad and a quinoa side dish. Recipe cards and cooking tips will also be available.

TIAA – Visit the TIAA table for information on financial wellness and retirement preparedness. Enter their raffle to win a canvas tote bag.

Tufts Health Plan – Visit the Tufts table to learn about the Momentum+ Wellness Portal and Salve's Wellness Rewards program. Employees will be able to log into their wellness portal to enter biometric numbers. Enter their raffle to win foam rollers and water bottles. Tufts will also have free merchandise and health brochures.