

# Join us at the EMPLOYEE BENEFITS & WELLNESS FAIR

Wednesday, Oct. 31 from 11-2pm in Ochre Court

EMPLOYEE BENEFIT VENDORS, BIOMETRIC SCREENINGS, WELLNESS PRACTITIONERS & GROUP ACTIVITIES

Receive Benefit Information, Complete Open Enrollment Paperwork and  
Meet with Representatives From:

- AFLAC
- Beacon Mutual Insurance Co.
- Benefit Strategies
- BJ's Wholesale Club
- Coastline EAP
- CollegeBound Saver
- Delta Dental of RI
- Liberty Mutual Insurance Co.
- Mercy Center
- Paul Isenberg – Long Term Care
- TIAA
- Tufts Health Plan
- United Way of RI
- Verizon

**Online sign up required** for the following free screenings and wellness services:



- Biometric Screenings – [Sign up](#)
  - Blood pressure
  - Glucose
  - Total cholesterol
  - HDL cholesterol
  - Body Mass Index (BMI)



- Chair Massage – [Sign up](#)
- Hand or Foot Reflexology
  - [Sign up with Elizabeth](#)



- Mindfulness Meditation – [Sign up](#)
- Chair Yoga – [Sign up](#)



# Employee Benefits and Wellness Fair

## EVENT AGENDA

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

12:30 to 12:50pm – Body Scan Meditation with Kelly Ravenscroft from Coastline EAP [Sign Up Online!](#)

1:15 to 1:45pm – Chair Yoga with Christopher Carbone [Sign Up Online!](#)

## WELLNESS SERVICES

The following wellness practitioners will be holding ongoing sessions:

- **Hand or Foot Reflexologists** – Sign up with [Elizabeth!](#)

If you have ever been curious about reflexology, take advantage of these free 10 minutes sessions. Reflexology is a gentle and valuable massage option that helps release sluggish energy and aids in relaxation. Come have hands or feet stimulated by applying pressure which will promote relaxation, improve circulation and encourage the body to heal itself.

The [benefits](#) of reflexology may include its ability to stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, eliminate toxins, stimulate the central nervous system, and prevent [migraines](#). For more information, see <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/what-is-reflexology/faq-20058139>

- **Chair Massage Therapists** – [Sign up online!](#)

Research shows even just 10 minutes of massage can decrease your heart rate and blood pressure. Massage can also provide a number of other benefits, including:

- Better sleep
- Less stress and anxiety
- Reduced muscle tension
- Increased immunity
- Musculoskeletal pain relief
- Increased range of motion

During your chair massage, you will sit in a special chair that supports your entire body. You can remain fully clothed as your massage therapist works on your shoulders, neck, arms, back, and hands.