



# 2017 Wellness Activities



Please mark your calendar and plan to join us in the following fun filled Healthy activities!!

Let's work together to make our lives better!



**February 27, 2017**  
11:00 a.m. – 1:00 p.m.

## “Lunch & Learn”

**Commissioners Conference room**  
Join us and find out more about upcoming events for 2017

Lifestyle



**Thursday, May 4th**  
“5<sup>th</sup> Poker Walk”

Starting at 18 Stonybrook Dr.  
Registration: 4:00-5:00 p.m.  
Walk: 5:00-6:00 p.m.

Get a team of 2 to 5 people together  
come join the fun!!

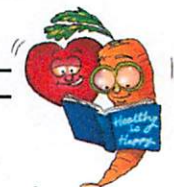


CEBCO partners with StayWell for their incentive-based wellness program.  
Eligible participants include all employees on the CEBCO medical plan and spouses on CEBCO medical plan

### SERVICES & PROGRAMS AVAILABLE THROUGH THIS PROGRAM:

- Health Risk Assessment (HRA):
- Lifestyle Management Telephonic Coaching:
- Online Campaigns/Challenges:

Health Screenings: Onsite Screenings: Physician Option: Lab Option:  
Online Healthy Living Programs:  
Points Bank:



**June 6, 2017**

9:00 a.m. – 12 noon

## “Athens Co. Employee Health Fair”

Held at

**Community Rec. Center**

located on East State Street

Shuttle available

Join us for the good food, great information and fun!!

### NEW EXCITING ACTIVITIES FOR 2017

- Break & Walk Scavenger Hunt – fall
- Daily walk challenge
- Daily 30-second workouts
- Bi-monthly breakfast
- Bi-monthly lunches
- Monthly cooking healthy recipes

Come to the Lunch & learn for more info!

**Reminder: Free Rec Center Membership for Athens County Employees is still available....  
Contact Commissioner's Office for Membership Forms**



\*Sponsored by CEBCO Insurance

\*\* For additional information contact Peggy Six – ext. 1882 (592-3613)