

Wellness Works for You

Corporate Wellness and Individual Health Coaching

Health Fair Educators and Vendors in most instances available at no additional cost

Blood Pressure Screenings

Exercise and Fitness

Family Services / Stress Management

Vision Screenings

Lasik and Glaucoma Screenings

Ergonomics / Safe Lifting

Back and Spinal Screenings

Chair Massage

The Health Benefits of Pets

Cancer Prevention

Community Disaster Preparedness

Drug and Alcohol Prevention

Shoe Clinic- Gait Analysis

Heart Health

Nutrition: Super Foods

Nutrition: Healthy Eating is Easy

Yoga

Stretching and Flexibility

Heart Healthy Lifestyle

Self Defense

Biking

Dental Health

Metro Parks / Walking

Skin Care / Spa Services

Financial Planning

**The Following Vendors are based on availability and may be an additional cost:
Additional vendors available upon request.**

- Smoothie Bar and Smoothies
- Healthy Cooking
- Strengthening Your Immune System Naturally
- Farmers Market
- Got Calm
- What is Your Eating Style?
- Meditation
- Smoking Cessation and CO Testing