



# Health Fair 2014

Wednesday, November 5, 2014



**Flu Shots and Health Fair Exhibitors— Edmund Fitzgerald Exhibit Hall 8:00a.m.-3:00p.m.**

**Presentations and Meetings— Gooseberry Rooms**

**Biometric Screenings— By Appointment Only (see other side for instructions)**

- |                   |   |
|-------------------|---|
| <b>8:30 a.m.</b>  | <b><i>Open Enrollment Meeting</i></b>   |
| <b>9:00 a.m.</b>  | The Heart Saver- AEDs in the Workplace (Automated External Defibrillator)— City of Duluth Safety and Training |
| <b>9:30 a.m.</b>  | LifeSuite Services: Free Legal and Travel Assistance- Ochs, Inc./Minnesota Life                               |
| <b>10:00 a.m.</b> | <b><i>Open Enrollment Meeting</i></b>   |
| <b>10:30 a.m.</b> | Hearing Loss Prevention- Hearing Wellness Centers   |
| <b>11:00 a.m.</b> | Healthy Living 101— Holistic Health & Healing   |
| <b>11:30 a.m.</b> | Getting to the Bottom of Foot, Knee, Hip & Back Pain - Practical Solutions!- Sole Essentials                  |
| <b>12:00 p.m.</b> | <b><i>Open Enrollment Meeting</i></b>   |
| <b>12:30 p.m.</b> | eCigs: The Real Story— Essentia Health  |
| <b>1:00 p.m.</b>  | <b><i>Retiree Meeting</i></b>   |
| <b>1:30 p.m.</b>  | A Mindful Approach to Wellness— Essentia Health   |
| <b>2:00 p.m.</b>  | Diabetes Prevention— Fairview MTM   |
| <b>2:30 p.m.</b>  | <b><i>Open Enrollment Meeting</i></b>   |

**\*\*\*Free Admission and Free Parking\*\*\***