


Health and Wellness

SPC HEALTH AND WELLNESS FAIR

 **Free Biometric Screenings include:**
Height, weight, blood pressure, Body Mass Index (BMI), full lipid panel (LDL, HDL, total cholesterol, triglycerides, glucose), Prostate Screening Antigen and Thyroid Stimulating Hormone.

Schedule a screening appointment:
www.spcollege.edu/wellness

 **Healthy food demonstration starting at noon**

 **Representatives include:**

- SPC benefits team
- Aetna (employee health insurance)
- Corporate Care Works (Employee Assistance Program)
- Advantica (vision program)
- Liberty Mutual Insurance
- Assurant (disability insurance)
- Local nonprofit agencies



PICK THE DATE AND SITE THAT WORKS BEST FOR YOU

March 22	Allstate Center, Florida Room	noon-3 p.m.
March 23	SPC Downtown, Community Room	noon-3 p.m.
March 24	Seminole Campus, UP-303 & 310	noon-3 p.m.
March 31	St. Petersburg/Gibbs Campus, SA-114	11 a.m.-3 p.m.
April 5	Clearwater Campus, Library Room 120	11 a.m.-3 p.m.
April 7	Tarpon Springs Campus, FA-132	11 a.m.-3 p.m.
April 13	Health Education Center, Main Lobby	11 a.m.-3 p.m.
April 19	EpiCenter Tech Building, Room 1-451	11 a.m.-3 p.m.



Visit www.spcollege.edu/wellness to schedule an appointment for your screening.



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