

Sign up for:

Chair Massages

Skin Cancer Screenings

Breakout Sessions

Visit

[www.appleton.org/healthfair](http://www.appleton.org/healthfair)  
to sign up!

All attendees will receive a  
FREE swag bag plus a  
chance to win great prizes!

Questions?

Contact Leanne Wilson  
at 920-832-5560

## Vendors

9Round Kickboxing  
Advanced Movement Studios  
Appleton Fire Department  
Appleton Health Department  
Appleton Park & Recreation  
Biolife Plasma  
Body Talk  
ComPsych  
Connecting Care Clinic (HedaCare)  
Delta Dental  
Earth Mother Ministry  
East Wind Health Care  
Elite Smiles  
Fleet Feet  
Forefront Dermatology  
Freshii  
Get Your Lean On  
Liberty Mutual  
Marshfield Clinic  
Nutritional Healing  
ProActive Chiropractic  
Riverview Gardens  
Runaway Shoes  
SkyZone  
The Free Market  
United Health Care  
Weight Watchers  
Wisconsin Bike Fed, Share and Be Aware  
YMCA



Join us for the 2016  
Health and Wellness Fair  
Wednesday, October 19

9:00 a.m.—4:00 p.m.  
Fox Rivertyme Catering  
111 E. Kimball Street



The City's HealthSmart Team is dedicated to providing our employee's with the education, tools and resources to assist them with living a healthy life.

Representatives from various health organizations will educate attendees about health-related topics and provide educational materials, skin cancer and oral screenings, chair massages, breakout sessions and more.

Employees, spouses and retirees are all welcome to attend this FREE event.



## Breakout Sessions

9:30—10:15 a.m.

### Time Management Principals

Work, family and personal life responsibilities can feel overwhelming, and it sometimes seems as if a 24-hour day simply isn't long enough to get everything done. Unfortunately, no one has yet found a way to add a 25<sup>th</sup> hour to the day, so we're all forced to do the best with what time we have. By following the principles discussed in this workshop, you may still never get everything done, but you should feel more in control of your very busy life.

11:30 a.m. —12:15 p.m.

### Eat Your Way to Automatic Weight Loss and Better Health

While more of us are battling with weight and health issues the real secret as to why is being hidden from us. Come and learn the real reason behind why we actually gain weight (the truth may actually shock you), why eating less or restricting your calories to lose weight will actually make you heavier "long term", and why even though calories are the focal point of weight loss and better health they're not nearly as important as we've been lead to believe. Coach Tony will teach you 3 steps to take that will help stimulate permanent weight loss and better health "AUTOMATICALLY" without ever having to diet again

1:00—1:45 p.m.

### Back Safety

Learn the things you can do outside of the workplace to help prevent an injury AT work, proper lifting techniques, proper body mechanics while working, exercises and physical problems/ conditions that occur that leave us susceptible to injury at work.

2:30—3:15 p.m.

### Running on 'E' - Adding Energy to Your Life

Longer hours, increased responsibilities, constant change, accelerated pace of business, intensified pressure... But this doesn't mean you can't have fun and enjoy your work. This workshop will help you not only to survive but also thrive in today's high-pressure world. By unleashing your energy, igniting your enthusiasm and finding it fun in your job, you're sure to maximize your work performance and even enjoy it.

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## Grab 'n Go Lunch from Freshii:

Entrees with chicken: \$10.00  
Entrees without chicken: \$8.00

**Market Salad:** field greens, spinach, quinoa, avocado, feta cheese, beet slaw, dried cranberries, green apple, carrots and honey dijon dressing

**Cobb Salad:** romaine, field greens, hard boiled eggs, avocado, bacon, blue cheese, tomatoes, corn and honey dijon dressing

**Buffalo Wrap:** whole wheat tortilla, romaine, blue cheese, cherry tomatoes, carrots, celery, greek yogurt ranch and buffalo sauce

**Fiesta Wrap:** whole wheat tortilla, field greens, avocado, aged cheddar, corn, black beans, salsa fresca and cilantro lime vinaigrette



# freshii