



Oct 26  
10 a.m.-2 p.m.  
Marston Pavilion



Body



Mind



Spirit



Financial

Learn about these topics to improve your overall body, mind, spirit, and financial wellness!

- Free Health Screenings
- Body Composition Analysis
- HR/Employee Benefits
- Massage Services
- Fire/Emergency Preparedness
- Fitness Information
- Nutritional Information
- Healthy Food Samples
- Safety Demos
- Financial Wellness
- Preventative Health & Wellness Resources
- Giveaways and Door Prizes
- Many Wellness Exhibitors!

Talk to your supervisor about Administrative Leave to attend!

Onsite Biometrics Screening for Aetna members. Register online at [mccslejeune-newriver.com/jobs](http://mccslejeune-newriver.com/jobs) by Oct 12.

- FREE 15-Minute Workout Classes:**
- 11:30-11:50 a.m. – Cardio Dance
  - 11:55 a.m.-12:10 p.m. – HITT
  - 12:15-12:30 p.m. – Mind Body Flow

Open to current MCCS Lejeune-New River employees.



910-449-9268



[mccslejeune-newriver.com](http://mccslejeune-newriver.com)

