

## CONTENT AREA

### 2015 National Women's Health Week – HIP Activities for State Employees

#### ANNOUNCEMENT

The Department of Administration and Department of Health Services have partnered to organize the 2015 Women's Health Week recognition for State of Arizona employees. During the observance week May 12th through May 14th, there will be health expos, screenings, seminars, and a chair yoga session. All employees are invited to participate and earn HIP points during Women's Health Week!

The Women's Health Expos will be held at the State Capitol (1700 W. Washington) on Tuesday, May 12th & Wednesday, May 13th from 10:00 am to 2:00 pm. On both days, clothing donations will be accepted for gently used & new women's professional apparel in support of women in need. Health seminars will be given each day at 11:00 am. Then, to finish the week, participate in an hour long chair yoga session on Thursday, May 14th at 11:00 am and earn 25 HIP points!

For questions regarding Women's Health Week or the Health Impact Program, please visit [Benefit Options Wellness](#) or contact [wellness@azdoa.gov](mailto:wellness@azdoa.gov) or 602-771-9355.

Click under the Special Announcement to access the flyer link with additional details. Please share this information with employees at your agency.

#### ISSUED

May 5, 2015

Arizona Department of Administration,  
Human Resources Division,  
Benefit Services - Wellness  
Phone: 602.771.9355  
Fax: 602.542.4744  
web: [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)