



State Employee Activities



May 12th -14th

State Capitol Executive Tower

Tuesday & Wednesday 10am—2pm

EXPO: 30+ VENDORS, FREE SCREENINGS, HEALTH INFORMATION, CHAIR MASSAGES & PRESENTATIONS

10am—2pm No appointments needed.

SCREENINGS: Facial Skin Analysis,
Osteoporosis Assessment,
Cholesterol and Glucose Testing



7am—2pm

Call (480) 967-3767
for an appointment.
Walk-in times are limited.



Located east of the Capitol on 17th Ave.

Tuesday

Breast Health 101 11am-11:45am

Learn about breast cancer incidence and mortality trends, key breast self-awareness messages, common risk factors, and obtain local resources for free and low-cost screenings.

Train Your Brain 12pm-12:45pm

This presentation takes a different perspective on mental well-being. Learn to address the importance of brain health, cognitive function, and memory as components of overall wellness.

Wednesday

Get Off Your 'Buts' and Create Change! 11am-11:45am

In today's fast paced world, change is inevitable and can bring both opportunities and turmoil. This presentation challenges everyone to 'risk change' in the hopes of betterment for yourself and those around you.

Earn HIP points during Women's Health Week!

Seminars – 50 points each! (max 100)

Chair Yoga – 25 points!

MOM – 50 points!

Healthwaves – Earn up to 200 points!

<http://benefitoptions.az.gov/wellness>



CLOTHING DRIVE



Fresh Start
Women's Foundation

Gently used & new women's professional apparel. Clothing on hangers is preferred but bags will be accepted.

Join In!

Thursday

Chair Yoga 11am-12:15pm

Participate in an hour of meditation while learning the many physical and mental benefits of incorporating chair yoga into each workday. Learn helpful tips for integrating mindfulness all aspects of work and life.