



State Employee Activities at the State Capitol Executive Tower

1700 W Washington Street

Tuesday, May 15th

Health Expo: 10am— 2pm

25+ vendors providing HEALTH INFORMATION and FREE SCREENINGS! Cholesterol and glucose testing, facial skin analysis, and osteoporosis screening

MOM Mobile: 7am— 5pm

Sign up for a mammogram by calling (480) 967-3767

Presentation: 12pm—1pm

Get Your PLAY On! How Physical Activity Benefits You
(Location: 1700 W Washington, 5th Floor Conference Room)

Wednesday, May 16th

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What's on your plate? Nutrition for women of all ages
(Location: 1700 W Washington, 5th Floor Conference Room)

Thursday, May 17th

Celebration Walk: 9am—10am

Wesley Bolin Plaza 911 Memorial

Leading the walk— Nicole Crites, CBS 5 News

Presentation: 12pm—1pm

The Dragon Doesn't Live Here Anymore, learning about stress management

(Location: 100 N 15th Ave. #103, ADOA-BSD Training Room)

