



NORTH ORANGE COUNTY
COMMUNITY COLLEGE DISTRICT

•presents•

2018 Health and Wellness Fair

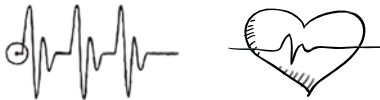
Biometric and Derma Scan Screenings

•by•

St. Joseph  Hoag HealthSM

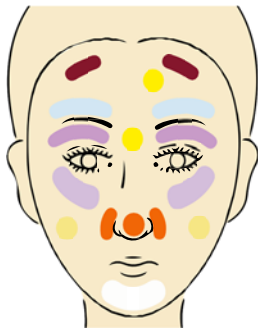
Hoag • Mission • St. Joseph • St. Jude

Did you know happiness helps lower your risk of heart disease? **Know your numbers!** Register now for a **FREE** biometric screening that will include:



- Total cholesterol
- Glucose
- Blood Pressure
- Body Mass Index (BMI)

Did you know external factors like sun exposure, smoking and pollution effect skin aging more than genetics? Register now for a **FREE** derma scan screening, which will identify the health of your skin!



Your skin is the first line of defense against any pathogens, dirt, and especially the sun!

APPOINTMENTS ARE LIMITED, SO REGISTER NOW!

Please email Carmen Aikin at caikin@nocccd.edu to register for these screenings.



NORTH ORANGE COUNTY
COMMUNITY COLLEGE DISTRICT

NOCCCD Employee

Health & Wellness Fair presents:

Personal Development & Work-Life Workshops

Wednesday, April 11th 2018

Session #1, Room 227, 10am – 11am

“THE ART OF PATIENCE”

Presented By:

COMPSYCH[®]
GuidanceResources[®]Worldwide

Session #2, Room 227, 11am – 12pm

“DIABETES AWARENESS”

Presented By:

 **KAISER PERMANENTE[®]**

Session #3, Room 229, 1:30pm – 2:30pm

“MINDFULNESS: BEING PRESENT IN YOUR WORK AND LIFE”

Presented By:

COMPSYCH[®]
GuidanceResources[®]Worldwide

WHERE: Fullerton College • College Center Bldg. 200 • Rooms 227 & 229

Register NOW! Seats are limited!

Employees may attend only one workshop due to limited seating.

Please register your attendance on the Districtwide Staff Development Registration Calendar at myGateway / Calendars. Hosted by the Office of Human Resources – x84810 or hr@nocccd.edu





NORTH ORANGE COUNTY
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2018 Health and Wellness Fair

Date: Wednesday, April 11, 2018

Time: 10:00 a.m. - 3:00 p.m.

Location: Fullerton College Room 224/226/228

The Office of Human Resources strives to provide programs and services that promote health and wellness, social interaction, and overall well-being for all employees.

Please e-mail Carmen Aikin at caikin@nocccd.edu to register for a complimentary 10-minute massage.

Appointments are limited, so register now!

Questions? Please contact Carmen Aikin in Human Resources at x. 84816 or caikin@nocccd.edu



NORTH ORANGE COUNTY
COMMUNITY COLLEGE DISTRICT

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2018 EMPLOYEE HEALTH AND WELLNESS FAIR

Date: Wednesday, April 11, 2018

Time: 10:00 a.m. – 3:00 p.m.

Location: Fullerton College
(200 Building) Room 224/226/228



All workshops and screenings are FREE!

- Biometric and Derma Scan Screenings
- Balance Testing with Dr. Os!
- CompPsych and Kaiser Permanente workshops
- Holistic Services
- ...and much more!



Free samples, vendor giveaways, spin the wheel, and raffle prizes!

To register for this event, please go to the MyGateway → District-Wide Staff Development Calendar. Questions?
Please contact Carmen Aikin in Human Resources, x. 84816 or caikin@nocccd.edu. **Please note this event is for NOCCCD employees only.**