

be healthy!

NOCCCD Summer Time Health & Wellness Event Tuesday, July 10, 2018

Biometric Screenings

Get on a roll with your health. Kaiser Permanente's Mobile Health Vehicle is coming to the Anaheim Campus. Register now for free biometric screenings for NOCCCD employees. Screening includes:

- Blood Pressure
- Glucose
- Cholesterol
- Height, weight, and BMI calculation



Where: 1830 W. Romneya Drive, Anaheim, CA 92801
West Parking Lot (Overflow Lot)

When: 9:00 a.m. - 1:00 p.m. and 2:00 p.m. - 4:00 p.m.

Visit www.kp.org/wellnessevent and follow the prompts to register for a free biometric screening. Sign-up code: **NOCCCD**

APPOINTMENTS ARE LIMITED TO THE FIRST 60 PARTICIPANTS.

Healthy Sleep Class

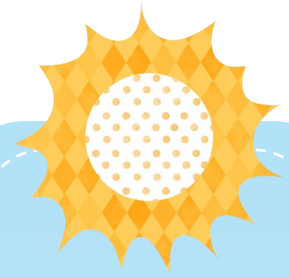
Sleep is vital to every aspect of your health. Register now to learn ways to help overcome insomnia and consistently get a good night's sleep.

Where: 1830 W. Romneya Drive, Anaheim, CA 92801
Room 107, 1st Floor

When: 10:00 a.m. - 11:00 a.m.

Register your attendance for the class on the Districtwide-Staff Development Registration Calendar at myGateway / Calendars.

Do you have questions? Please contact Marisa Kvenbo in Human Resources at ext 84815 or email: mkvenbo@nocccd.edu



Upcoming Important Dates

Fall 2018

- Health Benefits Annual Open Enrollment begins September 2018
- Look for health and wellness events at your campus

Spring 2019

- NOCCCD Annual Employee Health and Wellness Fair at Cypress College



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