



Play

Move

Eat

Be Well

June-August 2016

Summer has arrived! The great weather, outdoor recreation, and local markets are all around the Tri Cities! The third quarter of the 2016 Health Promotion Campaign will focus on getting outside in the community, practicing sun safety, and being active. Come and visit us at one of our site-wide health fairs in June to get your Passport, receive information on sun safety, and be entered into a drawing. In July, participate in the PLAY Health Challenge to track your healthy habits and be entered into a prize drawing. Throughout the quarter we will be featuring educational material via presentations, on our [website](#) and in the monthly [InsideOut](#) newsletter. Cheers to your health!

Featured Presentations

1. Heat Stress
2. Skin Cancer Awareness
3. Diabetes- Prevention & Management
4. Local Foods & Recreation
5. Outdoor Cardio Fitness NEW

The PLAY Health Challenge

July 5- 31, 2016

Log into the [WellSuite Health Activity Tracker](#) to track your healthy habits throughout the month of July. Earn points for being active and participating in worksite health and wellness events.

Health Fairs

JUNE 2, 2016

<u>TIME</u>	<u>LOCATION</u>
8:00 - 9:30 AM	MO276/ Room 131A
10:00 - 11:30AM	200E/ 2704HV/ Room G228
12:30 - 2:00PM	200W/ 2713S/ CR131
2:30 - 4:00 PM	200E/272AW/ Lunch Room

JUNE 9, 2016

<u>TIME</u>	<u>LOCATION</u>
8:00 - 9:30 AM	HAMMER/ Room 31
10:00 - 11:30AM	Fermi/ Room C200
12:30 - 2:00PM	3110 POBB/ CR 2407
2:30 - 4:00 PM	2440 Stevens/ Rm 1200

HPMC OCCUPATIONAL MEDICAL SERVICES