

# October Events

with Employee Wellness



## Traveling Assessments

### **Ogden**

Wednesday October 1 ~ 9 AM -11 AM ~ SU 312

[Register Here](#)

### **Davis**

Friday October 24 ~ 9 AM - 1 PM ~ D3 Room 150

[Register Here](#)

## Monthly Challenge

### **Chill Out-tober**

De-stress this October by visiting the  
Stress Relief Center

Fill out your punch pass by testing out the  
different equipment at the center.

[Enroll Here](#)

Pick up your punch pass from WI#210 or  
request to have it mailed.

## Open House

Learn more about dental health and what the  
Dental Hygiene program can offer you!

**Friday October 3 ~ 11 AM – 1:00 PM ~ WI #210**

## Lunch and Learn:

### Nutrition and Dental Health

*Presented By Josie Rydin*

**Friday October 10 ~ 12-1 PM ~ SU 321**

(Register on Training Tracker #800-03)

## Weight Watchers

If you were unable to attend the open house but would  
like more information about Weight Watchers, please  
contact Employee Wellness and we can provide you  
with the handouts. Registration forms and payments are  
due by **Oct. 10**. Your payment will not be processed  
until you attend the first meeting.

## Benefits Fair

Have questions about the  
Employee Wellness  
Program? Visit our table at  
the Benefits Fair to learn  
more.

**Oct. 2 ~11 AM-1 PM**  
Ballrooms

## Employee Wellness Survey

Watch your email for the Employee Wellness Survey!  
Completing the survey enters you into a drawing for a great prize!