



# AN APPLE A DAY, THE APS WAY



**Employee Wellness**  
Promoting a Culture of Health

## HEALTH FAIR

IN CONJUNCTION WITH:

Switch/Open Enrollment, October 17<sup>th</sup>-24<sup>th</sup>

Tuesday, October 21\* & Wednesday, October 22nd  
APS City Centre, 6400 Uptown Blvd.

**Additional parking available at the South Parking lot, Coronado Center**

Tuesday, October 21	Wednesday, October 22
<b>Employee Benefits switch\Open Enrollment</b> (October 17-24) Arroyo Chico Room                      7:30a.m. to 5:30p.m.	<b>Employee Benefits Switch\Open Enrollment</b> (October 17-24) Arroyo Chico Room                      7:30a.m. to 5:30p.m.
<b>Mammograms (by Appointment)</b>   (888) 233-6121  8:00 a.m. to 5:30p.m.	<b>Mammograms (by appointment)</b>   (888) 233-6121  8:00 a.m. to 5:30 p.m.
<b>Flu, Tdap &amp; Pneumonia Immunizations</b> 7:00 a.m. 3:00 p.m.	<b>Flu, Tdap, Pneumonia Immunizations</b> 11:00a.m. to 5:00 p.m.
<b>Medical Carriers Present All Day</b>  <ul style="list-style-type: none"> <li>• Presbyterian Health Plan</li> <li>• BlueCross\ BlueShield of NM</li> </ul> 8:00 a.m. - 5:00 p.m.	<b>Health Fair Exhibits</b>  <ul style="list-style-type: none"> <li>• Benefit Providers</li> <li>• Non-Profits</li> <li>• Many Health Screening Services</li> <li>• Massage</li> <li>• Blender Bike</li> <li>• Fitness Activities</li> <li>• Donate Blood</li> </ul> 11:00 a.m. to 5:00 p.m.

- Learn about your new 2015 Benefits Plan
- Remember your Flu shot ,Tdap & Pneumonia Immunizations
- Speak to many non-profits, fitness facilities, & wellness organizations
- Join us for Fitness Sessions!
- Take advantage of a chair massage
- Aromatherapy

**Complete Your Passport to Wellness  
& Enter into a Raffle for Great Prizes!!!**