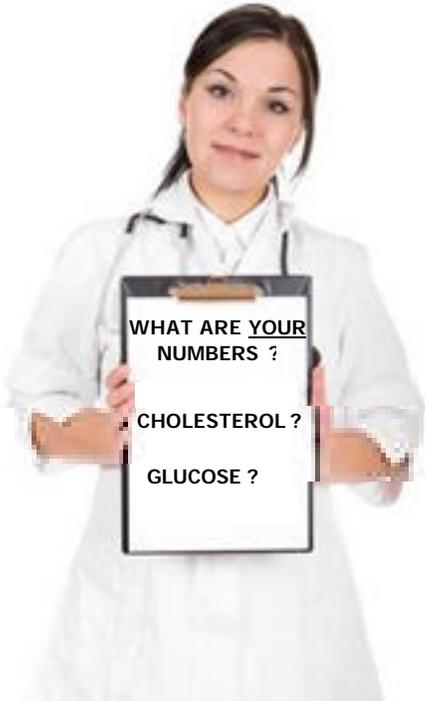


Give Yourself A Gift.....

Here's How



Participate in the Town wellness initiative for 2014. Our wellness initiative has 2 steps.

Step 1 - participate in a quick, convenient biometric screening to learn your numbers and the steps you can take to improve or maintain your health. The simple finger-stick blood test will screen for total cholesterol, LDL, HDL, triglycerides and glucose. You will also have height, weight and blood pressure taken.

Call Human Resources now at x3126 to schedule your biometric screening appointment on the following date:

Date: Wednesday, January 8, 2014
Place: Town Hall – Manchester Room
From: 9:00 a.m. to 1:00 p.m. (every 10 minutes)

Step 2 - complete an on-line Health Risk Assessment (HRA) through the CIGNA website. Details given at the screening.

To reward your efforts..... all employees who complete both steps will receive a \$30 gift card to a local establishment.

Don't miss this excellent opportunity to find out more about your health and give yourself a gift!

