# Employee Health Fitness Day

(Same Great Event — Now in November!)

## Friday, November 8, 11AM - 1PM • Worrell Building (Formerly TA), Central Campus





Raise Diabetes Awareness
By Making Healthy Choices

### FITNESS - FOOD - FUN

### Schedule of Events

<b>Time</b> 11:00 a.m.	<b>Room</b> 2140	<b>Event</b> 7 Minute WorkOut with Karla Jones
11:30 a.m.	2140	7 Minute WorkOut with Sondra Hines
	2130	Start Using My Fitness Pal (BCBS mobile app) with Cynthia Smith
12:00 p.m.	2128	Child Nutrition: Hands on Tips and Tricks with Lisa Godwin and Pam McIntyre
12:30 p.m.	1110	Introduction to Fitness Training with Lee Elliot
	2130	Healthy Opportunities with Jessica Pyjas from NC State Health Plan



#### **Exhibitors**

Absolute Organics, LLC	Organic Produce
Aha Coaching, LLCWei	
Arbonne InternationalHealthy and Bota	nically Based Products
Atlas Health and WellnessAre You Tir	ed of the Yo-Yo Diet?
BJ's Warehouse Club BJ's Health of	and Wellness Products
Bruegger's Bagels	lealthy Dining Choices
Buddy Kemp Center Cance	r Support Information
Canteen Vending New at CPCC: All Natural Ven	ding Machine Options
CPCC BeWell	Ways to Give Thanks
CPCC BeWellCancer Connection: CPCC C	Cancer Support Group
CPCC BeWell	.Shake Up Your Lunch
CPCC Early ChildhoodActive Kids: Tips for	
CPCC Family Resource CenterHealthy Eat	ing Over the Holidays
CPCC Foundation Celebrate Your Health, Participat	e in 2014 Skyline Run
CPCC Personal EnrichmentTuition-free Classes for	
Earth Fare	Healthy Nutrition
Find a PhysicianOn-site	e Physician Scheduling
FIT Bye Pharr	Fitness and Nutrient
Great Harvest Bread CoWhole Grain Nut	rition and Your Health
Johnson and JohnsonBalloon	Sinuplasty for Sinusitis
Juice PlusJuice Plus and the Ju	ice Plus Tower Garden

è	Le Blue Bottled WaterBenefits of Healthy Drinking Water
1	McLaughlin Young EAP Employee Assistance Program Services
3	Mecklenburg County Health DepartmentNutrition and Physical Activity
?	Mecklenburg County Health DepartmentDisease Prevention & Diabetes
S	Mecklenburg Medical GroupInternal Medicine
3	NC State Health PlanNC HealthSmart Resources
1	Novant Health Bariatric Center Weight Management, BP, BMI
S	Novant Health Cancer CenterGeneral Cancer Information
3	Novant Health Matthews Medical CenterNutrition
)	Novant Health MyChartMyChart Sign Ups
1	Nutrition Health Works
1	Run For Your Life Enhancing Your Running/Walking Performance
5	SaveShopServe.Com Saving Money. Saving Time. Dinner Made Easy
1	Southern Foods at Home
3	Sports Medicine and Injury Care A Non-surgical Approach to
1	Back Pain, Sports Injuries, etc.
1	SubwayEat Fresh
ł	Thomas Family Chiropractic
1	Thorlo, Inc
3	VemmaHealth, Wellness and Nutrition
1	Whole Foods Health Starts Here at Whole Foods Market

Register on LearnerWeb@ http://pd.cpcc.edu To learn more, visit www.cpcc.edu/bewell





