

# MAY 2019 "FIT TO A T" EMPLOYEE WELLNESS SCREENINGS

Chance to  
win a \$50  
gift card!

- Free Body Composition Scans with LiveLifeWell
- Get connected with Virtual Visits
- Free Chair Massage with Cone Health Massage Therapy
- Information about Confidential Employee Counseling
- New! *Click [HERE](#)* to Register for a Free Fitness Assessment with LiveLifeWell

May 15 <sup>th</sup>	May 16 <sup>th</sup>	May 17 <sup>th</sup>	May 21 <sup>st</sup>
Alamance Regional	4411 IT Building	Wesley Long	Offsite Distribution
11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm
Cafeteria	Room 339	Private Dining Room	Conference Room
May 22 <sup>nd</sup>	May 23 <sup>rd</sup>	May 28 <sup>th</sup>	May 29 <sup>th</sup>
MedCenter Mebane	Women's Hospital	Moses Cone	Village at Brookwood
11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm
Conf Room 215A	Classroom 3	NT 102	Gathering Place



**LiveLifeWell**  
Employee Wellness: Caring for ourselves.

