

ATTENTION:

Flathead County Employees who participated in the Healthy Incentives Wellness Program

Did you miss points on any category during your Wellness screening?

There is a way to get these points added back to your score!

All you have to do is attend an education session that corresponds with the category you missed points on and this will qualify you to have the points added back to your overall score. Each session is scheduled to start at 6PM and will last approximately an hour during the week of June 9th – June 12th. The sessions will be repeated during the week of June 16th – June 19th.

Employees and spouses are welcome to attend ALL classes, even if you passed the category during the screening. No registration is required. If more info is needed, please call the Summit at 751-4505.

Date and Time	Accommodation Topic	Location
Monday, 6/9/2014 6PM	Cholesterol, Blood Pressure, Glucose	Summit Conference Room 3
Tuesday, 6/10/2014 6PM	Exercise (Step Test)	Summit Conference Room 3
Wednesday, 6/11/2014 6PM	Weight loss (%Body Fat, Waist)	KRMC Paintbrush Room**
Thursday, 6/12/2014 6PM	Tobacco	KRMC Paintbrush Room**

Sessions repeated:

Date and Time	Accommodation Topic	Location
Monday, 6/16/2014 6PM	Cholesterol, Blood Pressure, Glucose	Summit Conference Room 3
Tuesday, 6/17/2014 6PM	Exercise (Step Test)	Summit Conference Room 3
Wednesday, 6/18/2014 6PM	Weight loss (%Body Fat, Waist)	Summit Conference Room 3
Thursday, 6/19/2014 6PM	Tobacco	Summit Conference Room 3

**This education session is located at Kalispell Regional Medical Center (KRMC), 310 Sunnyview Lane, Kalispell. At the main entrance take the long hallway on the right, half way up the hallway will be the conference rooms and they are all located on the right side.