



# WORKSITE WELLNESS WORKSHOP



## Healthy For Good Heart Walk® Midlands

Healthy For Good Locally Sponsored By



**09.21.2016**  
**8AM-12PM**

**USC ALUMNI CENTER • 900 SENATE STREET**



Join the American Heart Association and BlueCross BlueShield of South Carolina for the Worksite Wellness Workshop with Keynote speaker Valerie Merriweather from Fitwell Training Solutions.

**A LIGHT BREAKFAST WILL BE SERVED**

Please RSVP by September 15 to 803.806.3008 or [midlandsheartwalk@heart.org](mailto:midlandsheartwalk@heart.org)



# JOIN US!



## WORKSITE WELLNESS WORKSHOP



DISCUSSING NEW WAYS TO INCORPORATE  
WELLNESS INTO YOUR WORKPLACE



KEYNOTE SPEAKER

**VALERIE MERRIWEATHER**  
Fitwell Training Solutions

Midlands Worksite Wellness Worksite Workshop sponsored by:



South Carolina

BlueCross BlueShield of South Carolina  
is an independent licensee of the  
Blue Cross and Blue Shield Association

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American Heart Association  
American Stroke Association®

**life** is why™

American Heart Association  
*Mid-Atlantic Affiliate*

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