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Heart
Association®**

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Healthy For Good
Heart Walk®
Midlands

Healthy For Good Locally Sponsored By

Colonial Life
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Carolina Nutrition
Making a difference in your health...



**WORKSITE
WELLNESS
WORKSHOP**



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

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
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Heart
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American Heart Association

Mid-Atlantic Affiliate

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