

Rutgers Robert Wood Johnson Medical School invites you to our...

EMPLOYEE HEALTH AND WELLNESS FAIR



Open to All Faculty, Staff, Fellows and Residents!

WELCOME TO WELLNESS! Join us for this three-hour special event, designed to meet different aspects of wellness, whether physical, emotional, nutritional, or otherwise. Health and Wellness Fair offerings include:

- Hand hygiene
- Resident wellness
- Mental health services
- Cancer screening and information
- Massage therapy
- Tobacco dependency information
- Employee Assistance Program and Student Wellness Program
- NJ State Health Benefits Program services
- Kite and Key
- Nutrition
- Fitness information
- And MORE!

Learn More:

https://rwjms.rutgers.edu/about_rwjms/wellness/why-wellness



Thursday, Nov. 3
11 a.m. – 2 p.m.
New Brunswick Campus
Clinical Academic Building
CABfare

Tuesday, Nov. 29
11 a.m. – 2 p.m.
Piscataway Campus
Great Hall

- GIVEAWAYS! • RAFFLES! • LIGHT REFRESHMENTS!



RUTGERS

Robert Wood Johnson
Medical School

PLUS, help us warm the holidays for families in need!
Please bring the following items to be donated in November:
\$30 Shoprite gift card for a turkey, canned goods (string beans, corn, sweet potatoes, cranberry sauce, canned gravy), stuffing mix, cake mix and cornbread mix.

Rutgers, The State University of New Jersey