

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

EMPLOYEE HEALTH AND WELLNESS FAIR



Open to All Faculty, Staff 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:

- Blood pressure screenings and Rutgers Premier Wellness Visit sign-ups
- Flu shots
- "Inside Out: What's Inside Your Head"
- Smoking cessation
- 21 Day Fitness Challenge
- Massage therapy
- Employee Assistance Program
- Healthy cooking demonstrations
- Skin cancer information
- Handwashing techniques
- Wellness technology
- And MORE!

Learn More:

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



Tuesday, Oct. 1

11 a.m. – 2 p.m.

**New Brunswick Campus
Clinical Academic Building
Third Floor
(formerly CABFare)**

Wednesday, Oct. 16

11 a.m. – 2 p.m.

**Piscataway Campus
Great Hall**

• GIVEAWAYS! • RAFFLES! • LIGHT REFRESHMENTS!



RUTGERS

Robert Wood Johnson
Medical School

Participate in Health and Wellness Fair activities for your chance at a number of great prizes, including an Apple Watch, Fitbit, therapeutic gift, gift card, and more!

Rutgers, The State University of New Jersey