



And **OKHealth Wellness*** present
The 18th Annual

2013 State Capitol Health & Safety Expo

October 10, 2013 9:00 a.m. - 3:00 p.m.

Change up. Gear up. Cheer up. Check up. Follow up. Thunder up.
Sit up. Shake up. Shape up. Straighten up.
Save up. Stand up. Own up. Get up. Listen up.

Wake UP!

Health is whispering in your ear.
You're up. Gear up. Change up. You're up.
Show up.

FREE FLU SHOTS

FREE Flu Shots and other immunizations for all employees of the State of OK. Bring your valid health insurance card and completed application.

SEE the EPIC Colon!

The American Cancer Society presents the "EPIC" Colon: A 40-Foot inflatable colon to promote colorectal cancer screening awareness!

FREE Screenings

- Head & Neck Screenings
- Cholesterol Screenings
- Diabetes Screenings
- Vision Screenings
- Nutrition Screenings
- Blood Pressure Screenings
- Body / Chiropractic Scans
- FREE Chair massages!!!**
- FREE Haircuts / Make-up

Giveaways

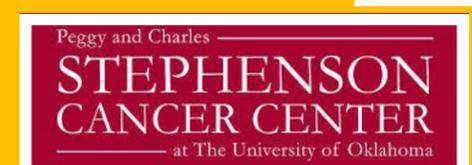
- FREE Tote Bags from OECU
- FREE Bike from Al's Bicycles
- DOZENS OF DOOR PRIZES

Benefits Specialists

HealthChoice, GlobalHealth, CommunityCare, Assurant VSP and more.

FREE Film Screening

See Parts I, II, III & IV of the film "Weight of The Nation"



*Produced by OKHealth Wellness, the state of Oklahoma wellness program. OKHealth Wellness is part of the Employee Benefits Department of Human Capital Management, within the Office of Management and Enterprise Services.

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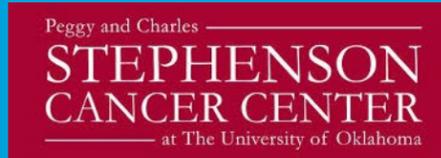
Wake UP!

Ri up.
Sit up.
Sav up.
Pony up.
Listen up.
Follow up.
What's up?
Get up.

Health is whispering in your ear.

Show up.

VOLUNTEER



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