

As a school employee and a mentor...  
someone is looking up to you  
be a positive role model

**take charge of your health**

## A Morning of Wellness\*

Presented by Shasta-Trinity Schools Insurance Group  
and  
Mercy Medical Center Redding

Please join us at Shasta College  
Saturday, August 28  
7 a.m. to 11:45 a.m.  
\$10 fee

A complete lipid panel and blood glucose  
screening will be available for the first 250  
attendees to register online.

Eliminate the mystery of what blood test numbers  
mean by attending the general session,  
Know Your Numbers.

Additional Sessions include:

- Balancing Life and Stress
- Living with Diabetes
- The Importance of Nutrition

Complimentary healthy snacks will be available  
for attendees and a variety of vendors including  
Anthem, Delta Dental and VSP will be on site  
with free gifts and prizes. Space is limited so  
register today at [www.stsigjpa.com](http://www.stsigjpa.com).

\*This health education  
event fulfills your wellness  
education component, or  
Part 2 of Phase 2, which  
will lower your health  
insurance deductible for  
2011.



**Mercy Medical Center Redding**

A member of CHW