



LLCC EMPLOYEE

HEALTH & WELLNESS

TUESDAY
OCT. 4

fair

8 A.M.-NOON
CASS GYM

PASSPORT TO SELF-CARE

Vendors:

HSHS
Springfield Clinic
SIU
Memorial Wellness
Center
SISCO
Food Fantasies
Orange Theory Fitness
IL Educators Credit
Union
Whole Self Healing
Yoga and Meditation
Vivacious Wellness and
Personal Coaching

Topics:

Nutrition information and
samples

Financial health resources from
local educator-focused provider

Mental health and wellbeing with
an exercise featuring mindfulness/
meditation techniques

Fitness tips including exercise
specific instruction for office
personnel

And more!

*Those who attend have a chance to win
a Fit Bit Smart Watch, gift cards and more.
The event is open to all LLCC employees.*