



We want to say...

**THANK  
YOU!!!**

**EMPLOYEE LUNCH**

**AND WELLNESS FAIR**

**November 19, 10:00 a.m.—2:00 p.m.**

**NLR Community Center Gym, 2700 Willow**

Answers to your  
benefits and health questions  
MammoVan—Call 501-622-2174  
for appointment

Lunch by  
  
**TAZIKI'S**

**FREE FOOD**  
15+ vendors  
Chair massages  
Flu shots

★ **FREE Wellness Screenings** ★ **Get up to \$30!** ★

Get a \$10 WALMART GIFT CARD for meeting EACH healthy target range for cholesterol, blood pressure and blood sugar.

SECOND CHANCE if you didn't get a gift card back in May!

**PLUS, EVERYONE who gets screened will be entered into a DRAWING for a \$250 VISA GIFT CARD.**

Rewards for participating in the wellness screenings are available to all full-time employees on United Healthcare. If you are unable to meet the goal range for the gift card incentive at this screening, you will be eligible to earn the same reward by retesting next year and showing improved numbers. Contact: Bernadette Rhodes, Employee Wellness Coordinator, at [brhodes@nlr.ar.gov](mailto:brhodes@nlr.ar.gov) or (501) 975-8777.