



WELLNESS

**All full- and reduced-contracted employees & part-time faculty
are invited to attend FHDA's inaugural**

Health and Wellness Fair

January 25

De Anza—Campus Center, Rooms A/B

11:30am - 1:30pm

January 26

Foothill—Campus Center, Toyon Room

11:30am - 1:30pm

*** Meet and ask questions of our major benefits providers:**

Kaiser, UnitedHealthcare, OptumHealth, VSP, Delta Dental and Hartford Insurance,
as well as a variety of campus and community wellness organizations

*** Get tours of campus fitness and wellness facilities**

*** Get information on fitness and wellness tips, classes, events and services**

Light lunch refreshments will be provided!

brought to you by the Foothill-De Anza Community College District Wellness Committee

<http://hr.fhda.edu/benefits/wellness>