



STATE EMPLOYEES OF NORTH CAROLINA
2009 wellness expo
living well, inside & out

2009 State Employees of NC Wellness Expo

State employees and retirees of North Carolina working in the Triangle Area are invited to attend the 2009 State Employees of NC Wellness Expo! This is a **free event**. However, there may be a charge for some screenings.

What: Educational information provided on health, safety, and wellness in a fun atmosphere.

When: November 18, 2009, Wednesday

Where: Jim Graham Building, State Fairgrounds, Raleigh, North Carolina

Time: 9:00 a.m. to 3:00 p.m. (opening ceremony at 9:00 a.m.)

Why: To give state employees of North Carolina access to information at one location for the improvement of their work life and family life.

Parking is free at the NC State Fairgrounds. Please consider carpooling or other types of transportation. Time allowed for this event is two hours with reasonable travel time allowed. Employees must coordinate with their supervisor to attend. All employees are encouraged to take advantage of this opportunity.

Look for the future 2009 Wellness Expo link to soon be on the N.C. Office of State Personnel web site. <http://www.osp.state.nc.us>

Contact: Mike Chapman, Wellness Expo Coordinator at mike.chapman@osp.nc.gov