



Wellness Information and Events

November 2021

Health Screenings/Flu Shots

We are underway for health screenings/flu shots in school buildings/Penn College. You should receive an email 2 weeks ahead of the screening and there will be an online link to sign up. If an available timeslot doesn't work for you, go ahead and sign up for one that is and I can override the system and change your appointment. The health screenings are free for all employees (full or part time) and their spouses/domestic partners, regardless of insurance

3 Important things to note about the screenings

- 1. You must be masked**
- 2. You must fast for 12 hours**
- 3. For the Flu shot, you must bring a copy of your insurance card (front and back)**

**First Makeup Health Screening/Flu shot will be
Saturday, December 11th at BLaST IU 17, Williamsport**

Link and email will be sent at the beginning of December

Platinum Health Courses-Mark Your Calendars

Go to health.iu17.org to Register

Cooking with Carnie-11/3, 6-7pm Busy Morning Breakfast Ideas

Zoom Course

Mental Health Series-11/16, 6-7pm with Dr. Lindsay Sauers

Live Course, BLaST IU 17, Williamsport