

Feel Good, Eat Healthy! Join us at the EMPLOYEE HEALTH & WELLNESS FAIR

TUFTS  Health Plan

No one does more to keep you healthy.



Lifespan



The Beacon
Mutual Insurance Co.



Available free screenings and wellness services include:

- Blood pressure
 - Glucose
- Total cholesterol
- HDL cholesterol
- Body Mass Index (BMI)
- Sign up for Screenings [HERE](#)
- Chair Massage – [sign up](#)
- Hand or Foot Reflexology – [sign up](#)
- Guided Breath Meditation – [sign up](#)
- Body Scan Meditation – [sign up](#)
 - Chair Yoga – [sign up](#)

