



1ST ANNUAL STATE EMPLOYEE WELLNESS EXPO

ENJOY REFRESHMENTS, FOOD TRUCKS, HEALTH SCREENINGS, INFORMATIVE DISCUSSIONS AND CHAIR MASSAGES BY HOLMES CC MASSAGE THERAPY PROGRAM

MAY

23

9 AM - 3 PM

**TWO MISSISSIPPI
MUSEUMS**

222 NORTH ST.
JACKSON, MS 39201

REGISTER TODAY



EVENT HIGHLIGHTS

- FREE HEALTH SCREENINGS
 - GLUCOSE, BLOOD PRESSURE, BMI, AND CHIROPRACTIC
- FITNESS DEMONSTRATIONS
- STRESS MANAGEMENT EXERCISES
- KEYNOTE ADDRESS BY MSDH CHIEF MEDICAL OFFICER JUSTIN TURNER, MD
- LEARN ABOUT STATE EMPLOYEE BENEFITS, MENTAL HEALTH, PERS AND BLUECROSS BLUESHIELD OF MISSISSIPPI