



Wellness Program

STRONGER • HEALTHIER • HAPPIER

NEWSLETTER: VOL 1 ED. 3

STRESS EVENT

Nov. 2, 2016

(CLICK HERE FOR INFORMATION)

DASH - ROCKETS RUN

Nov. 5, 2016

(CLICK HERE FOR INFORMATION)

DIABETES HEALTH FAIR

Nov. 15, 2016

(CLICK HERE FOR INFORMATION)



HAPPY THANKSGIVING

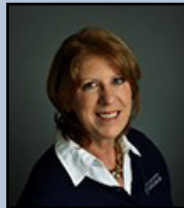


Perfect Pie Crust



It's Time to **FALL BACK**
Sunday, November 6, 2016

NOVEMBER *HYDRACOACH* WINNER!



Teri Crawford

Winner for liking the Balance U Facebook page. Congratulations and enjoy your HYDRACOACH Intelligent Water Bottle!

YOU COULD BE NEXT MONTH'S WINNER

November is National Diabetes Awareness Month

Diabetes is a common disease, yet every individual needs unique care. The Balance U Team wants employees with diabetes and their friends and families to learn as much as possible about the latest medical therapies and approaches, as well as healthy lifestyle choices. Good communication with your wellness coordinator can help you feel in control and respond to changing needs. That is why Balance U chooses to participate in National Diabetes Awareness Month.

Get healthy, stay healthy, San Jac!
--The Balance U Team

DID YOU KNOW?

This is one of the 50pts Incentive prizes!

**Remember you must complete your health assessment to be eligible for any incentive prize.*

