

As a St. Vincent's associate you are eligible to be a member of our St. Vincent's Health System's associate wellness program called *Strive for Wellness*.

During the fiscal year 2009-2010 you can enjoy these fun, healthy activities and win great prizes!



Health Screenings
Health Assessment
Nutrition Education
Fitness Activities
Stress Management

Future Opportunities for Program Sign-Up and Pre-Screenings

STV St. Clair

June 22 9:30-10:30am
July 20 9:30-10:30am

STV Birmingham

June 23 6:30-9:30am
June 29 2:00-5:00pm
July 21 6:30-9:30am
July 27 2:00-5:00pm

STV East

June 24 7:00-10:00am
June 30 2:00-5:00pm
July 22 7:00-10:00am
July 28 2:00-5:00pm

STV One Nineteen

June 29 9:00-11:00am
July 27 2:00-5:00pm

STV Blount

June 25 11:00-1:00pm
July 23 11:00-1:00pm

STV Building 56

June 30 9:30-10:30am
July 28 9:30-10:30am

Please present this coupon with your completed Strive for Wellness 2009-2010 Commitment Agreement to sign up for next year's program and to receive your motivational incentive!



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