SEPTEMBER 27TH - OCTOBER 1ST

REGISTER HERE
no later than September 24th

MONDAY, SEPTEMBER 27TH
8:00 - 8:20 AM: UP-LIFT STRETCH DEMO
8:30 - 9:00 AM: SWEET POTATO BLACK BEAN BREAKFAST BURRITOS DEMO

TUESDAY, SEPTEMBER 28TH
8:00 - 8:20 AM: PUSH-PULL FITNESS DEMO
8:30 - 9:00 AM: FIDELITY INVESTMENTS PUT THE POWER OF NETBENEFITS TO WORK FOR YOU

WEDNESDAY, SEPTEMBER 29TH
8:00 - 8:20 AM: EXERCISE DEMO
8:30 - 9:00 AM: COOKING DEMO

THURSDAY, SEPTEMBER 30TH
8:00 - 8:20 AM: EXERCISE DEMO
8:30 - 8:45 AM: PERFORMANCE ERGONOMICS
8:45 - 9:00 AM: VENDOR 2

FRIDAY, OCTOBER 1ST
8:00 - 8:30 AM: CIGNA PRESENTATION
8:30 - 8:45 AM: HEALTHCHECK360
8:45 - 9:00 AM: NEW PROGRAM INTRO

Cigna Domestic Medical members only