



Health Fair

APS Healthcare is sponsoring a **FREE** *Health Fair* for all Louisiana State employees and eligible family members*:

9 a.m. to 3 p.m.
Tuesday, October 16th
Nicholls State University Ballroom

- Nurses and Health Educators will be available to answer questions
- Free Health Information
- Healthy Snacks
- OGB Vendors will be available to answer benefit questions
- Free health screenings for OGB members, including:
 - ◆ Blood pressure
 - ◆ Total cholesterol
 - ◆ Blood glucose
 - ◆ Height and weight measurements
 - ◆ Body fat percentage
 - ◆ Body mass index