

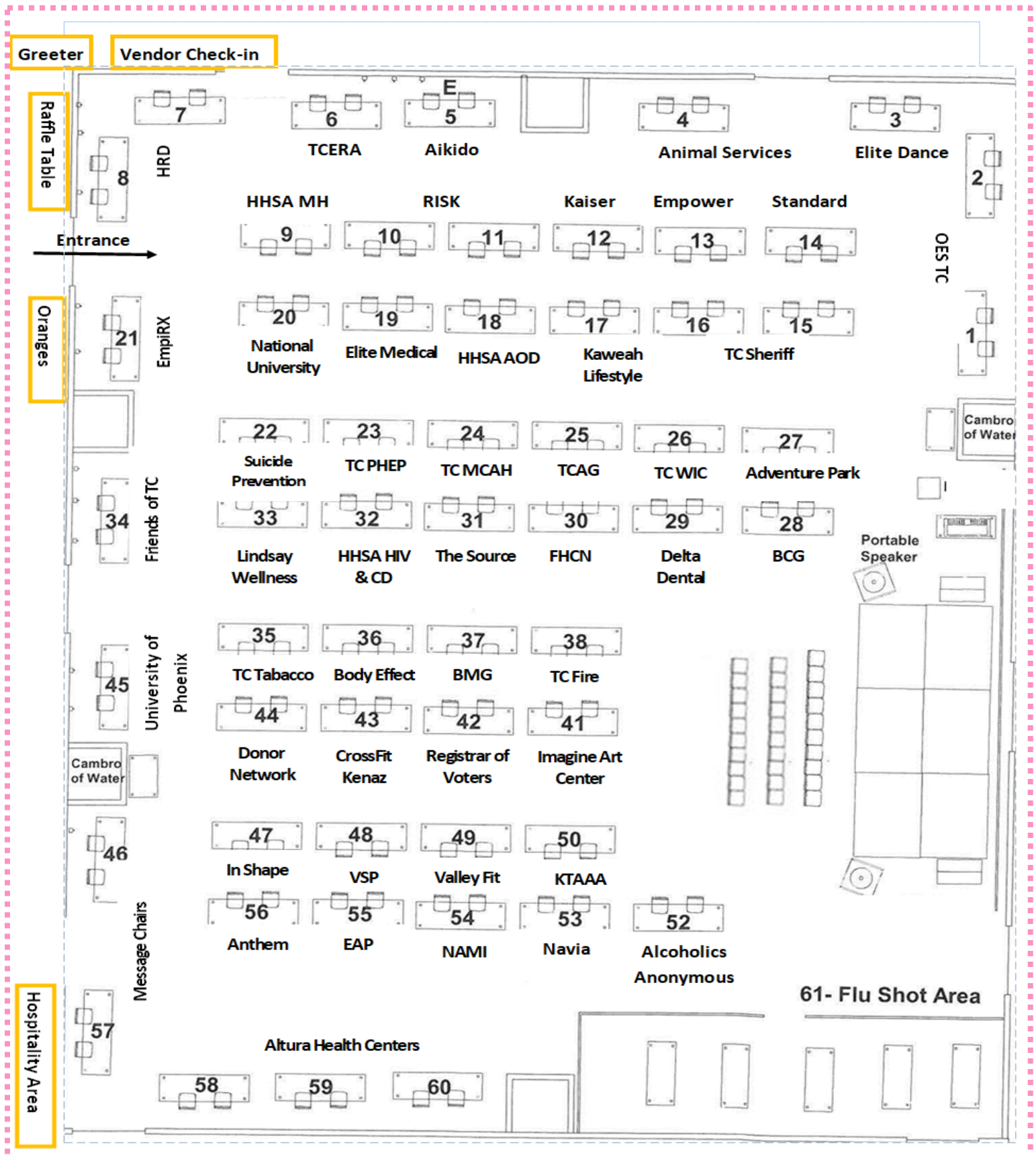
ACTIVITY SCHEDULE

Time	Charter Oak Room		 San Joaquin A & B	San Joaquin C & D
8:15am	Vendor Booths	Welcome! Supervisor Dennis Townsend Chairman		OE - Online Enrollment
8:30am	Vendor Booths		Open Enrollment Presentation	OE - Online Enrollment
9:00am	Vendor Booths			OE - Online Enrollment
9:30am	Vendor Booths		Alcohol & Drug Awareness (HHS Mental Health)	OE - Online Enrollment
10:00am	Vendor Booths	Zumba (In Shape)		OE - Online Enrollment
10:30am	Vendor Booths		Normatec and CRYO Therapy (Kaweah Lifestyle)	OE - Online Enrollment
11:00am	Vendor Booths			OE - Online Enrollment
11:30am	Vendor Booths		Aikido (TC Aikido)	OE - Online Enrollment
12:00pm	Vendor Booths	K-9 Demo (Sheriff)		OE - Online Enrollment
12:30pm	Vendor Booths		Open Enrollment Presentation	OE - Online Enrollment
1:00pm	Vendor Booths			OE - Online Enrollment
1:30pm	Vendor Booths		Deferred Comp 457 (Empower)	OE - Online Enrollment
2:00pm	Vendor Booths	Chair Yoga Class (The Space Yoga Studio)		OE - Online Enrollment
2:30pm	Vendor Booths		Zumba (Lindsay Wellness Center)	OE - Online Enrollment
3:00pm	Vendor Booths			OE - Online Enrollment
3:30pm	Vendor Booths		Hit Class Workout (Valley Fitness)	OE - Online Enrollment
4:00pm	Vendor Booths			OE - Online Enrollment



*The first 10 participants for each breakout session located in room **San Joaquin A & B** will receive a gift card.*

MAP



MAP LEGEND

Vendor	Booth #	Prizes
Adventure Park	27	4-Pack Prize
Alcoholics Anonymous	52	
Altura Health Centers	58-60	
Anthem Blue Cross	56	Raffle Basket
Anthem EAP	55	24-Can Cooler Backpack
BCG	28	
BMG Money	37	\$100 Amazon Card
Body Effect	36	Free 1 Month Membership
Body Techniques/ Massage Chairs	46 & 57	
CrossFit Kenaz	43	Free 1-Month Class
Delta Dental	29	Power Toothbrush
Donor Network West	44	Raffle Basket
Elite Dance Academy	3	
Elite Medical	19	
Empower	13	
EmpriRX	21	Tote Bags
Family Health Care Network	30	Raffle Basket
Friends of Tulare County	34	
HHSA AOD Programs	18	
HHSA Communicable Disease & HIV	32	
HHSA Suicide Prevention	22	
HRD	7 & 8	
Imagine Art Center	41	
In Shape	47	3-Month Free Membership
Kaiser	12	Cooler Bag

Vendor	Booth #	Prizes
Kaweah Lifestyle Fitness Cetner	17	Raffle Basket
KTAAA	50	Baking Basket
Lindsay Wellness Center	33	Raffle Basket
HHSA Mental Health	9	
NAMI	54	
National University	20	
Registrar of Voters	42	
Tulare County Aikido	5	
Tulare County Animal Services	4	Raffle Basket
Tulare County Fire	38	
HHSA MCAH	24	Raffle Basket
HHSA OES	1 & 2	
HHSA PHEP	23	
Tulare County Risk	10 & 11	
Tulare County Sheriff	15 & 16	
HHSA Tobacco Prevention	35	
HHSA WIC	26	
TCAG	25	Skateboard and Helmet
TCERA	6	
The Source	31	Pride Visalia Basket
University of Phoenix	45	
Valley Fitness	49	3-Month Free Membership
VSP	48	Sunglasses
Tulare County BookMobile	Front Courtyard	Raffle Basket
Wonderful Citrus		Oranges

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ACTIVITY DESCRIPTIONS

Activity/Breakout Session	Description
Open Enrollment & EAP Presentation	An overview of 2024 Health Plan offerings, including changes and enhancements. An overview of the Anthem EAP services will also be reviewed.
Alcohol & Drug Awareness (HHS Mental Health)	Awareness can make a big difference in preventing drug and alcohol abuse and the topics discuss prevention strategies and various awareness campaigns. Further on, the impact that drug and alcohol dependency can have on an individual's workplace and personal performance is discussed.
Zumba (In Shape & Lindsay Wellness)	Zumba is a fusion of Latin and International music/dance that creates a dynamic, exciting, and fun workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
Normatec and CRYO Therapy (Kaweah Lifestyle)	The NormaTec PULSE Recovery System consists of a compression device that surrounds your arms, legs, or hips. These compression units then utilize compressed air to massage your limbs, leading to mobilized fluid and faster recovery and recuperation following intense exertion. Cryotherapy is the use of extreme cold to freeze and remove abnormal tissue. Doctors use it to treat many skin conditions (including warts and skin tags) and some cancers, including prostate, cervical and liver cancer.
Aikido (TC Aikido)	Martial art and self-defense system that resembles the fighting methods jujitsu and judo in its use of twisting and throwing techniques and in its aim of turning an attacker's strength and momentum against himself.
Deferred Comp 457 (Empower)	The plan is a voluntary savings program that allows employees to defer any amount, subject to annual limits, from their paycheck on a pretax basis. In addition, employee contributions and their earnings, if any, can benefit from the power of tax-deferred compounding.
HIIT Class Workout (Valley Fitness)	HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.
Chair Yoga Class (The Space Yoga Studio)	A form of yoga in which modified postures and breathing exercises are performed while seated or with the support of a chair.

PINK TUESDAY

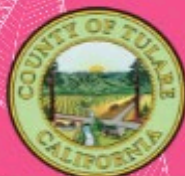


October 10th
Pink Tuesday

BREAST CANCER AWARENESS MONTH

October is National Breast Cancer Awareness Month and in observance of this annual event, County employees are encouraged to wear Pink on Tuesday, October 10th.

Please submit your departments Pink Tuesday Pictures to Human Resources and Development at OEHealth@tularecounty.ca.gov



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MAMMOGRAPHY SCREENINGS

2023 Tulare County Employee *Mammography* SCREENINGS

DATES/LOCATIONS

November 6 & 7

Human Resources & Development
Collaboration Conference Room
2500 W Burrell Ave., Visalia

November 8

Visalia Government Plaza
Sierra Room
5961 S Mooney Blvd., Visalia

November 9

Porterville Government Plaza
Orange & Tangerine Rooms
1307 W Henderson Ave., Porterville

DETAILS

- * Available to County employees enrolled in the SJVIA Anthem Blue Cross health plans
- * FREE – No out-of-pocket expense to eligible employees
- * Private & Confidential
- * First priority to females ages 40 & over
- * Recommended if you have family history of Breast Cancer

REGISTRATION

<https://bit.ly/3E5LMXH>



For questions, contact HRD Benefits Customer Service at (559) 636-4911 or email OEHealth@tularecounty.ca.gov



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MOVEMBER

MEN'S HEALTH *Awareness*



Prizes: 1st, 2nd place
winners!

*All participants will
receive a prize

NOVEMBER 1-30



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Tulare County Employee Health Fair October 4, 2023 Attendee Survey

***WE VALUE
YOUR OPINION***



Scan the QR code
to complete the
survey

You will be
entered into a
raffle drawing

www.surveymonkey.com/r/TCHealthfairattendee