

Employee Assistance Program (EAP)



EMPLOYEE HEALTH & WELLNESS EXPO

Thursday, May 3, 2018 Student Center Gymnasium
11:00am to 3:00pm

**Living A Healthier You....
Encompassing Mind, Body And Soul**

Exercise Programs:

Shape Up NY

Evelyn & Stephanie
Fitness Fusion

12:00pm-12:45pm

and

YOGA

Edeline

1:00pm-1:45pm

(bring a mat)

Meet with Representatives from:

- Rehab World
- CAMBA
- NYC Fire Department
- New Directions
- CSEA, UUP, PEF.....
- VOYA, TIAA CREF,
- NYC Mayor Office to Combat Domestic Violence
- Safe Horizon
- Figure-Friendly
- Fitness Trainer & Exercise Coach
- VALIC...

"King Rod" The Trainer
(Fitness Trainer & Exercise Coach) and more...

Also Participating:

- EAP Services
- Audiology
- Family Medicine
- Self-Care
- Healthy Downstate
- Weight Watchers
- Ctr. Community Health
- Women's Health
- Student Center

Health Screenings!

- Blood Pressure
- Diabetes Risk Calculation
- BMI, Body Fat Calculation
- Self Care Assessments
- Weight Management Consultation
- Smoking Cessation
- Stress Tests and more...

ALL SUNY DOWNSTATE EMPLOYEES ARE INVITED!

For more information: Magda Alliancin, EdD, EAP Coordinator, Ext. 1489