

CUGWELL NEWSLETTER



Breast Cancer Awareness

Month Future Events



Blood Drive
Nutrition Kiosk
Maintain Don't Gain
Free Flu Clinic
Wellness Walk



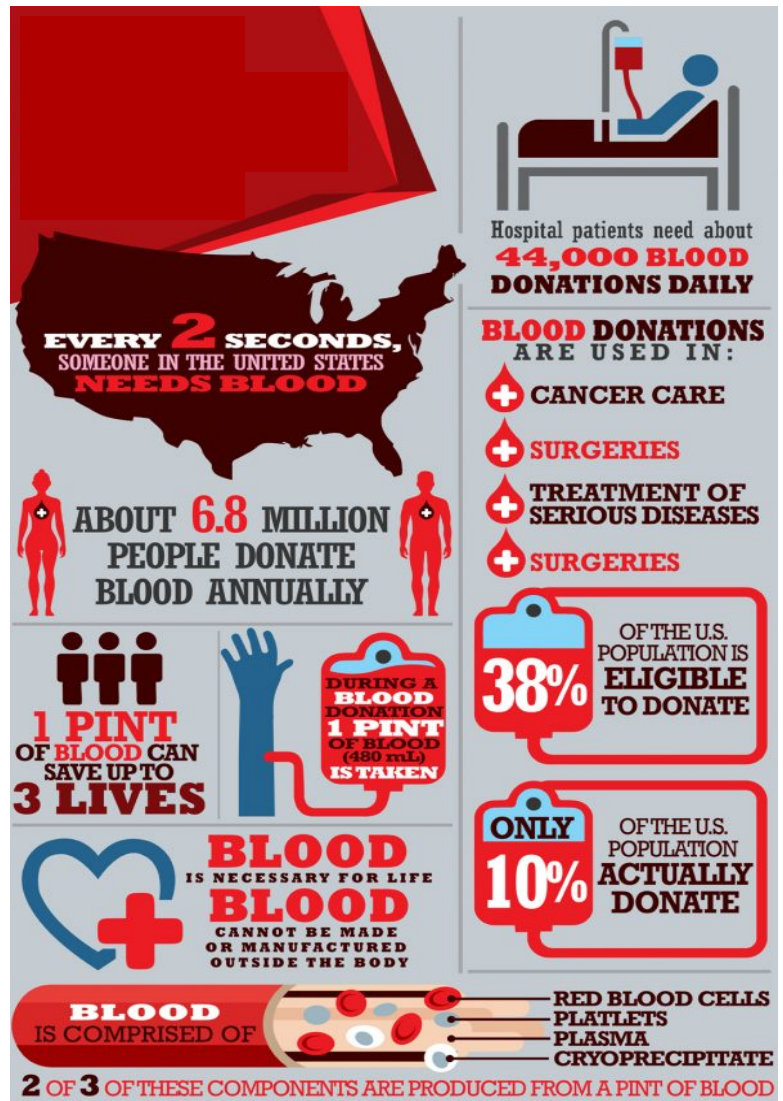


American Red Cross

Come Give Blood @ Greenville
Aquatics and Fitness Center



**WEDNESDAY,
OCTOBER 9TH
10:30AM-4PM**



MAINTAIN
DON'T GAIN!

11 WEEK PROGRAM!

COG & GUC
Employees

*Weigh-in by October 18th
at GAFC and be entered
into a drawing to win a
\$150 Gift Certificate to
various locations*

IF YOU LOSE
WEIGHT...

2x

your name will be
entered into the
drawing twice. If you
maintain your weight
between 1-2 lbs your
name will be entered
once.

IMPORTANT
DATES:

Starts
OCTOBER 21

Ends
January 3

Weigh IN: 10/14 - 10/18

Weigh OUT: 1/6 - 1/10

QUESTIONS?

EMAIL: BRETT RODDY

Broddy@greenvillenc.gov





FRUIT CAMPAIGN



WELLNESS WALK

Begins at shelter near off-leash dog park (200 North Ash Street). Light lunch provided after walk — no sign-up required! Employees completing the walk will receive a free Wellness gift!

**Wednesday
November 13, 2019
12:15 PM & 1:15 PM**

**For more information, please
contact broddy@greenvillenc.gov
or (252) 329-4569.**



**WALK WITH
YOUR COWORKERS!**



NUTRITION Kiosk

**GUC Main Office
October 9th
11:00 am-1 pm**

**Third Floor
Landing**

*come try samples of
dried fruit and be
entered to win a Fitbit
charge*



**GUC Ops Center
October 10th
7am-9am**

**Building A
Training Room**



Flu Vaccines for COG

*Monday,
Wednesday, Friday
7:30a-11:30a
1:00p-3:30p*

No appointment necessary

Flu Vaccines for GUC

To Be Announced



Get you flu vaccine &
enter to win a Fitbit
Charge 3

