

# GIVE Your Health a BOOST!



## 2009-10 Wellness Expo Calendar

The 2009-10 My Health Matters! Expo is coming soon to a location near you! Be sure to attend an Expo for your opportunity to:

- Receive free confidential health screenings (cholesterol, glucose, blood pressure, BMI and body fat)
- Review your screening results with a health coach in a one-on-one session
- Meet with representatives from the health insurance carriers (Health Net, Kaiser Permanente, Delta Dental, EyeMed and MHN) to receive health information
- Receive nutrition education provided by the County's Public Health Department
- Enter a drawing to win a \$75 reward card\*

Pre-register for the Expo using the PERC e-Learning system at <http://countyline.co.san-bernardino.ca.us/perc/>.

Location	Room Name	Address	Date	Time
San Bernardino – Government Center	Rotunda	385 N. Arrowhead Ave.	9/9/2009	7:30 to 1:30 pm
Colton – ARMC	Skylight Café	400 N. Pepper Ave.	9/16/2009	10:00 to 4:00 pm
Victorville – Ambassador Hotel	Conference Room A and B	15494 Palmdale Ave.	9/30/2009	7:30 to 1:30 pm
Barstow – Court House	Jury Assembly Room	235 E. Mountain View St.	10/9/2009	8:30 to 1:00 pm
San Bernardino – DBH / Gilbert complex	Outdoor	820 E. Gilbert St.	10/21/2009	9:00 to 2:00 pm
Fontana – TAD Building	Croswell Commons	7977 Sierra Ave.	10/28/2009	8:00 to 1:00 pm
Joshua Tree – Court House	Jury Assembly Room	6527 White Feather Rd.	11/10/2009	8:30 to 11:30 am
Yucca Valley – TAD Building	Job Club Room	56357 Pima Trail	11/10/2009	1:00 to 4:00 pm
Rancho – Court House	Jury Assembly Room	8303 Haven Ave.	11/13/2009	8:00 to 1:00 pm
Loma Linda – DCSS (Child Support staff only)	Sunrise Room	10417 Mountain View Ave.	11/18/2009	8:30 to 1:30 pm
San Bernardino – General Services Building	Large Conference Room	777 Rialto Ave.	1/14/2010	8:00 to 12:00 pm
Rialto – DBH Building	Auditorium	850 E. Foothill Blvd.	1/27/2010	8:00 to 1:00 pm
Colton – TAD Building	Room 3A3B	2040 W. Woodpine Ave.	2/10/2010	8:00 to 1:00 pm
Victorville – PERC Building	PERC Test Ctr	17270 Bear Valley Road , Suite 107	2/17/2010	9:00 to 1:00 pm
San Bernardino – Hall of Records	Conference Room A and B	222 W. Hospitality Lane, 4th Floor	2/24/2010	7:30 to 1:30 pm
Apple Valley – High Desert Juvenile DAC	Rooms L-7 and W-7	21101 Dale Evans Parkway	3/4/2010	12:00 to 4:00 pm
Rancho – West Valley Juvenile DAC	Visiting Room	9478 Etiwanda Ave.	3/10/2010	12:00 to 4:00 pm
Redlands – TAD Building	Conference Room A and B	881 W. Redlands Blvd., Second Floor	3/16/2010	8:00 to 1:00 pm
San Bernardino – TAD Building	Grand Canyon	265 E. 4th St	4/7/2010	9:00 to 1:00 pm
Ontario – TAD Building	Dorothy Rowe Room	1627 E. Holt Blvd.	4/14/2010	8:00 to 1:00 pm
Needles – Gymnasium	Gymnasium	1705 "J" St.	4/22/2010	9:00 to 1:00 pm
San Bernardino – Human Resources Test Center	Test Center	175 W. Fifth St.	5/5/2010	9:00 to 1:00 pm
San Bernardino – Carousel Mall / CFS	Conference Center	128 Carousel Mall	5/12/2010	9:00 to 1:00 pm
San Bernardino – Sheriff Headquarters	Conference Center	655 E. Third St., Second Floor	May	TBD

### For More Information

- Visit the My Health Matters! webpage at <http://countyline.sbcounty.gov/hr/benefits/MyHealthMatters/>
- Contact your Department Wellness Advocate, see a directory at <http://countyline.sbcounty.gov/hr/benefits/MyHealthMatters/>
- Email the Employee Benefits and Services Division at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or call us at (909) 387-5787

\*Must be enrolled in a County-sponsored health plan to be eligible for the reward card.