

# BVSD Health Fair 2009

**BVSD invites staff and their families to its**

## **3<sup>RD</sup> ANNUAL HEALTH FAIR**

**Monday, September 14, 2009 ▪ 3:30-6:30 p.m.**

*at the Boulder Valley YMCA, 2800 Dagny Way, Lafayette, CO (corner of 95th and Arapahoe)*

- Prizes and giveaways!
- Free Food, Free Skin Cancer Check and other screenings.
- Bring your family and enjoy  
Free ice skating from 5:00-6:30 p.m.  
(skates provided or bring your own!)  
(remember to dress appropriately to try some of the fitness classes or for ice skating!)
- Check out different fitness classes:  
YOGA, Sports Conditioning, Pilates,  
Kinesis, Tai Chi, etc. at no charge!
- Free Childcare provided for children age 5 and under.
- Find out about Rec Center discounts!
- Speak with representatives from the BVSD health and dental plans and community health and wellness providers.
- Learn about the new Vision Benefit through VSP!
- Learn about PERA and the district 401(k), 403(b) and 457(b) savings plans.
- Teachers are eligible for one hour CDE credit.



Mark your  
CALENDARS!



small steps to better HEALTH