



active lifestyles
healthy living



Northern Colorado Worksite Wellness Health Fair Services

Health Fair Exhibit Options—

Heart Health
Debunking Nutrition Myths*
Stress Management & Biofeedback
Is Sitting the New Smoking?
Antioxidants & Optimal Nutrition
Diabetes
Reducing Cancer Risk
Smoking/Nicotine Cessation
Mindful Eating
Aromatherapy—Make your Own Blend*
Benefits of Tea—Tea Tasting*
Healthy Workstation—Office Stretches Demo
Active Family Initiative
How to Get a Good Night's Sleep
Make your own Stress Ball*
How much Sugar is in your Drink?*



Health Fair Exhibit Options Cont.—

Benefits of Spices—Make your own Spice Blend*
Osteoporosis Prevention & Management
Skin Cancer Prevention
Staying Well: Preventing the Spread of Germs*
Benefits of Yoga
Healthy Snacking—Make your own Healthy Snack Mix
Gardening & Herbs
Plastic: A Closer Look (Health & Envir.)
Art for Stress Management*
Finding a Balance in the Digital Age*

**Denotes interactive exhibits*



To set up a company event, or for programming and pricing information, please call
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Banner Health®

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Health Fair Screening Options—

- Blood Screenings
- Hearing Screening
- Vision Screening
- Body Composition
- Biometrics
- Cardiovascular Fitness Testing
- Lung Function & Screening
- Blood Pressure Screening
- Strength & Flexibility Testing
- Skin Cancer Screening
- Metabolism Screening
- Nutritional Analysis
- Health Coaching
- Nurse Consultations

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