



active lifestyles
healthy living



Banner Health®

Northern Colorado Worksite Wellness Health Fair Services

Informational Booths

- Heart Health
- Debunking Nutrition Myths
- Is Sitting the New Smoking?
- Antioxidants & Optimal Nutrition
- Diabetes
- Cancer Prevention
- Smoking/Nicotine Cessation
- Mindfulness
- How to Get a Good Night's Sleep
- Osteoporosis Prevention & Management
- Skin Cancer Prevention
- Benefits of Yoga / Benefits of Tai Chi
- How to Get Your Family Active
- Know Your Lemons (Breast Health)
- How to Navigate the Grocery Store
- The Truth About Caffeine
- Energy Drinks
- Mental Health
- Holistic Health
- How to be Active Outdoors

Interactive Booths

- Stress Management (inquire for activity options)
- Benefits of Tea (includes samples)
- Make Your Own Stress Ball
- How Much Sugar is in Your Drink?
- Staying Well: Disease Prevention
- Finding Balance in the Digital Age



Interactive Booths with Samples

- Aromatherapy—Make Your Own Blend
- Health Snacking—Make Your Own Mix
- Benefits of Spices
- Gardening & Herbs

To set up a company event, or for programming and pricing information,
please call Roxane Conant, Worksite Wellness Sr. Manager

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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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