



# KNOW YOUR NUMBERS IN 2012!

## Working together towards a healthier you...

**We're reaching the FINAL COUNTDOWN for the 2012 Know Your Numbers (KYN) program. Participate in a KYN event to be eligible for one of the Grand Prize\*\* drawings! Here are the upcoming events.**

MDC Employees...

**To be entered in one of the Grand Prize drawings, earn points using your \*AvMed Wellness Tracker card and:**

1. Participate in a health screening (BP, Glucose Cholesterol, & BMI), and
2. Attend at least one MDC Wellness Educational Event, and
3. Participate in a final screening to be held in Oct (BP, Cholesterol, Glucose & BMI).

\*Be sure to have your card stamped at each event you participate in, then turn it in at your final event. The completed tracker card is your entry for one of the Grand Prize drawings.

Date	Event	Time	Location
• 9/5/12	<b>Diabetes Seminar</b>	<b>10am to 11 am</b>	<b>SPCC- 111 NW 1 St , 18 FL # 18-3</b>
• 9/14/12	<b>Nutrition Seminar</b>	<b>11am to 12 pm</b>	<b>OTV - 701 NW 1st Ave, 1st FL Training Rm</b>
• 10/2/12	<b>Health Screening</b>	<b>10 am to 2 pm</b>	<b>MLK - 2525 NW 62nd St, 2nd FL Conf Rm # 2</b>
• 10/3/12	<b>Diabetes Seminar</b>	<b>7 am to 8:30 am</b>	<b>PIC - 11805 SW 26th St., Conf Rm I/J</b>
• 10/4/12	<b>Health Screenings *</b>	<b>10 am- 2 pm</b>	<b>MIA - Conc. D Auditorium, 4th Floor</b>
• 10/5/12	<b>Health Screenings*</b>	<b>10 am- 2 pm</b>	<b>Police HQ - 9105 NW 25 St, Cafetorium</b>
• 10/16/12	<b>Health Screenings*</b>	<b>9 am to 3 pm</b>	<b>SPCC - 111 NW 1 St ,18 FL # 18-3</b>
• 10/19/12	<b>Health Screenings*</b>	<b>10 am to 2 pm</b>	<b>OTV - 701 NW 1st Court, 1st FL Training Rm</b>
• 10/25/12	<b>Health Screenings*</b>	<b>7 am to 11 am</b>	<b>PIC - 11805 SW 26th St., Conf Rm # 230</b>

**\*\*Grand Prizes:** Win a treadmill, elliptical, or iPad. Other prizes include Sports Authority gift cards.

