

2017-2018



Wellness Calendar

July



August

- Healthy Heart Blood Draw



September

- Cardiac and Organ Screening
- Mammography screenings
- Flu & pneumonia shots

October

- Mammography screenings
- Flu & pneumonia shots
- Prostate Screenings

November



December



January

- Wellness Survey



February

- Health Risk Assessment & Biometric Screening

March

- Health Risk Assessment & Biometric Screening

April

- 8th Annual Fit Cochise 5k



May

- Skin Cancer Screenings

June



***Please look for any wellness updates in your monthly wellness newsletter.**

Questions? Please contact your ECA Wellness Consultant, Megan Wolford, at meganw@ecollinsandassociates.com