News & Updates

It’s Almost Time for the Health & Wellness Expo - May 17, 2013!

The HCPSS Health & Wellness Expo is around the corner! Enjoy free screenings, fitness demos, and workshops...visit with 90+ exhibitors...farmers’ market...give-aways and drawings for prizes...fun! Plus, TIME OFF TO ATTEND (see below). Complete your Passport at the Expo to qualify for 3,000 Virgin HealthMiles* and be entered for a GRAND PRIZE drawing. Join your HCPSS colleagues, and bring your family members too.

Time Off To Attend!

In support of this event, the Superintendent is allowing employees of HCPSS up to a total of 2.5 hours during the work day to participate in the HCPSS Health & Wellness Expo, subject to supervisor approval. Participation in the Commit To Be Fit Health & Wellness Expo during work is considered professional development time.

Employees must request the time during their work day with their supervisor in advance of the event to ensure their supervisor can arrange adequate staff coverage during the work day. We encourage all employees to participate in this exciting event!

Tips To Enjoy The Expo

1. Encourage all of your co-workers to attend. No One should miss this fun and informative event!
2. Entry to the Expo is free, as well as all of the activities and screenings. Wear casual attire and bring sneakers so you can walk around the Expo in comfort and participate fully in the fitness activities
3. Bring some cash if you’d like to purchase lunch, fitness shoes or fresh, local items from our Farmers’ Market.
4. Park at The Mall in Columbia or Howard Community College (HCC), and a school bus will shuttle you back and forth to the Expo (see page 2 for details).
5. When you enter, stop at the Registration table:
   • Pick up your “Passport.”
   • Pick up your Guide to the Expo, which includes the Schedule of Events so you can plan your visit.
   • Get a shopping bag to collect your give-aways.
   • Complete your entry for prize drawings.
6. If you’d like a chair massage, make your appointment in the mini-theater near the Rouse Theatre.
7. As you travel around the Expo, ask the HCPSS volunteer or presenter/exhibitor to stamp your Passport after you complete each activity.
8. Make the most of your visit. Enjoy a variety of activities - screenings, fitness demos, and workshops - and interact with the exhibitors as much as possible.
   Lots of exhibitor give-aways and prizes for drawings! Special activities for kids.
9. Complete an evaluation form. We welcome your feedback to plan for future events.

Before you leave you must hand in your completed Passport to the checkout booth on the day of the Expo to qualify for 3,000 Virgin HealthMiles and be entered in the GRAND PRIZE drawing!

* Go to VirginHealthMiles.com/HCPSS to enroll in the program if you haven’t already. Commit To Be Fit today!
Event Details

As a reminder, here’s the important information you’ll need to participate in the Health & Wellness Expo on May 17th:

❖ **Who:** HCPSS employees, retirees, and their families - special kids’ activities!
❖ **What:** Health & Wellness Expo
❖ **Where:** Wilde Lake High School
❖ **When:** Friday, May 17, 2013 from 10:00 a.m. - 5:00 p.m.
❖ **How:** No RSVP needed - and no cost (healthy food available for sale)
❖ **Sponsor:** “Commit To Be Fit,” the employee wellness program of HCPSS
❖ **Questions?** Please send a confidential email through CLC to the “Commit To Be Fit” Wellness Conference.

More Exhibitors on Board!

Since our last newsletter (issue #2), the following exhibitors have signed on to join us at the Expo (This is just a sampling - many more!):

- **Fitness** - Brick Bodies, Columbia Association, Curves, Inside Out Performance, Life Time Fitness, Salvere Health & Fitness
- **National & Regional Health** - American Cancer Society, American Heart Association, Alzheimer’s Association, National Kidney Foundation of MD, Women Heart, Cancer Support Foundation
- **Specialty Health & Wellness** - Advanced Hearing Group, Center for Vein Restoration, Chesapeake Urology, Patient First
- **Nutrition** - Harris Teeter, Roots Market, Let’s Dish, Great Harvest Bread Company, Gorman Farm, BJs
- **Other Community/Non-profit** - Howard County Dental Association, Howard County Dental Hygienists Association, makingCHANGE, HC DrugFree, FIRN

Parking and Shuttle Instructions

Since we’re expecting a great turnout at the Expo, we have arranged for adequate parking and shuttle service at The Mall in Columbia and Howard Community College. Parking and shuttle instructions are below:

- At The Mall, park in the lot outside of the Sears package pick-up area, which is behind the bus stop.
- At HCC, park in Lot F to the right of the main entrance from Little Patuxent Parkway.
- A shuttle bus (yellow school bus) will take you to the Expo.
  - FREE door-to-door service!
  - Shuttles will run every 15 minutes from 9:45 a.m. - 5:30 p.m.
- Disabled parking only is available at Wilde Lake High School in designated spots.

We hope to see you at the Health & Wellness Expo on May 17, 2013!