

Request Proposal for Town Health Fair

Target Group:

All Town Employees would benefit from a Town wide Health Fair. There can never be enough exposure to Health issues.

Benefits of Request:

Contact with professionals that are conscious of Health issues can benefit everyone. The more awareness that we have of on going topics concerning health the more enhanced our knowledge is how to handle this subject matter.

Why participate in a Health Fair:

The Work Group is aware that a small Health Fair is present during the Employee Appreciation lunch, however trying to cover all the areas of interest and participate in the other activities is not always possible. The Work Group feels that a Health Fair covering just Health issues would be of a great advantage for all Town staff.

Time Line:

The Educational Work Group would like to see a Health Fair done in the next 6 months. We realize that a great deal of time is necessary in lining up the participant for a Health Fair. Also the Town no longer has an individual who is solely committed to doing this and we understand that this is a proposal that may not necessarily meet time requirements. With this in consideration, however we would still like to see a Health Fair for Town Employees.

List of suggestions for having a Health Fair:

The CIGNA Health Group offers many mini classes on a broad range of Health Topics. Any of these topics would be of significant benefit to all Town staff. Attached is a document of topic that CIGNA offers. A few examples are as follows:

- Have a series of “hands on” sections for blood pressure, cholesterol, weight, body fat index, glaucoma, posture, ect. screenings.
- Have several concurrent health sessions