



2008 Wellness Forums & Events

Innsbrook Wellness Committee provides an avenue of information by promoting fitness, nutrition, and educational opportunities.

Thursday, Mar. 13th 11:30 a.m.-12:30 p.m.

Topic: *Ergonomics 101* - Learn how to avoid injuries, increase safety and improve your health with proper ergonomics Speaker: Dr. Michael Albanese

*Essex Plaza-4521, Salon B

Wednesday, May 8th 11:30 a.m.-1p.m.

Topic: Women's Health, Speaker: From Virginia Physicians for Women -to be confirmed

Health & Wellness FAIR Over 25 Health and Wellness vendors!

Thursday, June 5th 11:00 a.m. - 2:00 p.m.

Markel/Essex Building, 4521 Highwoods Parkway, Salons A & B

Don't miss out on the fun, free give-a-ways and healthy food!

Innsbrook Food Drive benefiting Central Virginia Food Bank

July 7th-18th Let us know if you would like to have a drop off box for your company and be looking for us at Innsbrook After Hours!

Wellness Committee Blood Drive

August 14th Donate at the Innsbrook Virginia Blood Service location, 4040 Cox Road-facing Dominion Blvd. Reserve your time by calling 359-5100 and let them know you are donating for the Wellness Blood Drive!

Thursday, Sept. 11th 11:30am-12:30 pm

Topic: Winterizing Your Body, Speaker: To be confirmed

Thursday, Oct. 9th 11:30am-12:30 pm

Topic: Breast Cancer Awareness, Speaker: Dr. Ellen Shaw de Paredes Institute for Women's Imaging

Thursday, Dec. 11th 11:30am-12:30 pm

Topic: How to be Innsbrook's Biggest Loser, Speakers: To be confirmed

All forums held at 4501 Highwoods Parkway, Salon A * Light lunch served
Limited space available * RSVP rochelle@thewiltonco.com