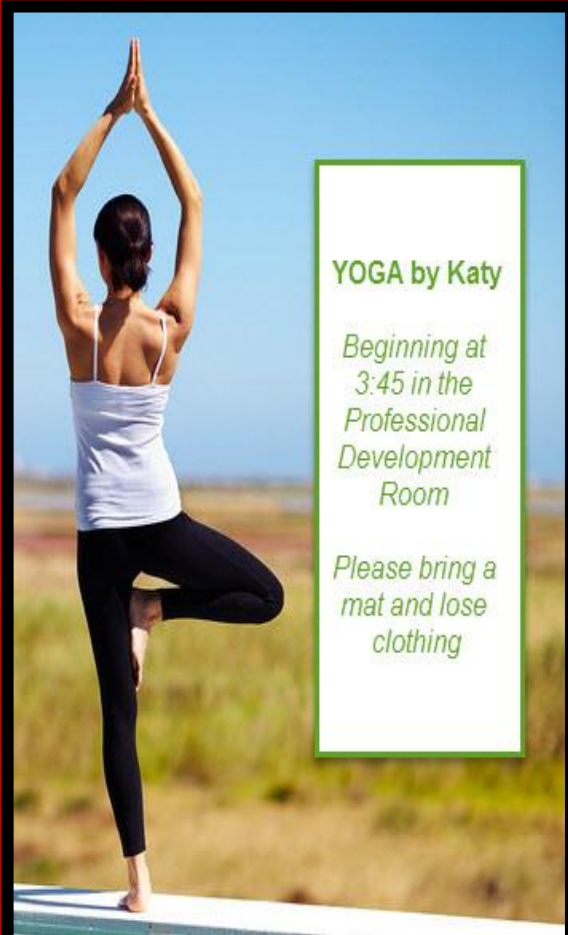




A Heart Health & Wellness Day

*By NKCES
February 9, 2017
8:30 am until 4:30 pm*



YOGA by Katy

*Beginning at
3:45 in the
Professional
Development
Room*

*Please bring a
mat and lose
clothing*



*Health and
Wellness
Program for our
Kentucky Health
Plan beginning
at 2:30 pm in the
Professional
Development
Room*

We will have information stations:

- *Sleep Habits*
- *Hydration Station*
- *Mindfulness/Stress Reliever*
- *Healthy Recipe*
- *Positive Heart Message*
- *Take Away Information*



NKCES

Massages by: Alexandria Total Care Chiropractic
*by appointment only beginning at 8:24 am until 2:24 pm.
Please call Angie to schedule your appointment at (859) 442-8600*

