

8th ANNUAL Health & Wellness Day for CAW Retirees

FREE • hot lunch
• healthy food demonstrations
• special guest speakers

Tuesday, May 18, 2010

8:00 a.m. to 1:00 p.m. at the Caboto Club

PRE-REGISTER BY May 3, 2010
for a chance to win fun prizes.

THREE WAYS TO REGISTER:

1. Complete registration forms available at your union hall.
2. Call 519-258-2146 ext. 3100
3. All Chrysler Retirees online at www.workingtowardwellness.ca

REMEMBER: bring your medication list. Pharmacists will be providing medication reviews and information.



SCREENINGS OFFERED

- Gait (balance/walking)
- Hearing
- Mental health and well-being
- Blood cholesterol
- Vision
- Blood pressure
- Lung function
- Medication review by a pharmacist
- Foot care
- Blood glucose (sugar)

Cut out this form and drop off at your local union hall.

PRE-REGISTRATION FORM (please print):

Name: _____

Would you like a reminder? Yes ___ No ___ Do you need transportation to event? Yes ___ No ___

Provide your phone number: _____ or email: _____

Are you bringing a family member? Yes ___ No ___ If so, how many family members? _____

Would you like to volunteer at this event? Yes ___ No ___

Specify which local you're from (Check one only):

Local 444 ___ Local 1498 ___ Local 200 ___ Local 240 ___ Local 1973 ___

Other _____ (specify local)

Please note: all personal information will be kept confidential. No individual data will be made available to any third party. If you provided a phone number, your information will be given to representatives from your CAW local and you may be contacted by phone to be reminded of the event.