

Monday, Oct 10, 2016

Benefits and Wellness Fair returns the Recreation Center

The **Benefits and Wellness Fair** returns to the Oakland University Recreation Center on Wednesday, Nov. 2. It is schedule to run from 9 a.m. - 3 p.m. and helps kickoff the open enrollment for benefits on campus. The event also introduces the campus community to area businesses and non-profit organizations.

Benefits providers will be available to all OU employees to answer questions about their individual plans and there will be around 50 tables of information about a wide range of well-being programs and services offered by local vendors.

The event is free and open to the entire campus community.

This year's event will be located on the main entrance level of the Recreation Center, just inside the doors and leading back to Studio 919 at the end of the hallway. In addition to information, free flu shots will be offered by the Visiting Nurses Association by presenting an insurance card.

"For those who have attended before, we look forward to seeing you again on November 2," said

Greg Jordan Director of **University Recreation and Well-Being**. "For those who have not attended, I highly recommend that you put it on your calendar. The investment of your time is well worth the opportunity to meet and talk with all of our benefit providers, as well as numerous internal and external providers/organizations that offer well-being programs and services. This is a quality of life event that provides and promotes a wide variety of education that will assist each and every attendee on their way to achieving their personal well-being goals."

For questions about this year's Benefits and Wellness Fair, contact Stephanie Willis, Wellness & Educational Outreach Coordinator at willis@oakland.edu or 248-370-4968.



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