

Monday, Oct 23, 2017

Benefits and Wellness Fair planned for Nov. 1 at Recreation Center

The **Benefits and Wellness Fair** returns to the Oakland University Recreation Center at 569 Pioneer Drive on campus Wednesday, Nov. 1. It is schedule to run from 9 a.m. - 3 p.m.

This event marks the start of open enrollment for all university employees, and brings together all benefits providers in one place at on one day. Additionally, local business and organizations will be present that will provide you will multiple opportunities and resources to support your personal health and well-being.

In addition to information, free flu shots will be offered by the **Visiting Nurses Association** by presenting an insurance card.

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

“Having all of our benefits providers in one spot at this fair is a great example of OU’s commitment to advancing a campus culture of well-being for our faculty, staff and students,” said Greg Jordan, director of **University Recreation & Well-Being**. “By having the Visiting Nurses Association here, we are not only making flu shots convenient and easy, you can even record it **online** to help OU in our **Campus Flu Challenge competition** being led by the **Graham Health Center**.”

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.

Companies planning to attend this year’s event include: Basic, Unum, Delta Dental, Davis Vision, BCBSM/BCN, Priority Health, Fidelity, TI CREF, MetLaw, Liberty Mutual, Infoarmor, AP Assembly/Association, WERG, Visiting Nurses Association, Pino Insurance Agency, Michiga Education Trust, Miller Vein, A Place to Grow Chiropractic, Applied Fitness Solutions, St. Joseph Mercy Hospital, CARROT Wellness, Mas Envy Spa, University Athletics, Paint Creek Chiropractic, Isha Foundation, Integrity Total Wellness, Meadow Brook Hall, BEMER, Orange Theory Fitness, Alliance of Coalitions for Healthy Communities, Inclusively Fit, Painting With a Twist, University Recreation & Well-Being, Veterans Support Services, DMC Rehabilitation, dōTERRA Essential Oils/Homegrown Sweetie, American Heart Association.



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