



Eastern Connecticut State University

NEWS

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For Immediate Release

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Eastern To Host Health, Wellness, & Benefits Expo

Willimantic, CT – Eastern Connecticut State University’s (ECSU) Offices of Human Resources and Health Services will host the university’s 12th annual Health, Wellness and Benefits Expo on Tuesday, Oct. 12 in the Betty Tipton Room, located in the Student Center, from 10 a.m. – 3 p.m. The public is invited. Admission is free.

According to Robert Jennette, director of health services at Eastern, “The purpose of the Expo is to allow students, staff and community members the opportunity to learn more about health and how to prevent illness, and also to have some fun while doing it.”

The Expo will offer free gifts, raffles and door prizes. In addition, there will be free health checkups including blood pressure checks, HIV risk assessment/testing, cholesterol screening, hearing screenings, skin damage analyzer, heart/risk reduction assessment survey, self breast exams, latest contraception choices, alcohol awareness goggles and free health food samples. Also, Tai Chi, Pilate, cardiovascular aerobic exercise, and muscle strength and conditioning demonstrations will be showcased throughout the Expo.

Participants in the expo include the following:

American Cancer Society

American Diabetes Association

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American Red Cross
Anthem Blue Cross and Blue Shield
Asthma and Allergy Foundation
Bone Marrow Donor Program
Counseling and Psychological Services (CAPS)
Eastern Connecticut State University Card Services Office
Changes at Hand
Colonial Supplemental Insurance
Consolidated Health Plans
CT Council on Problem Gambling
CT Poison Control Center
Department of Children and Families
Eastern Connecticut State University Police Department
Future Fitness
Hartford Gynecology Center
Health New
Hilb, Rogal, and Hamilton Company
ING Life Ins. And Annuity Company
Liberty Bank
Liberty Mutual
Medical Life Insurance Company
Medical Options
New Alliance Bank
Northeast Communities Against Substance Abuse
Organon Pharmaceuticals
Outreach Services Program
Planned Parenthood
Quiet Corner Self Help for the Hard of Hearing (SHHH)
Retirement Security
Senior Resources Agency on Aging
Eastern Connecticut State University Health Advisory Committee (SHAC)
Social Security Administration
Solutions
Employee Assistance Program (EAP)
Studio 111 (pilate demonstration)
The Farmington Co.
The Hartford
The Healing Earth
The Lifestyle Counselor
The Mindbody Connection
The Savings Institute
Teachers Insurance and Annuity Association-College Retirement Equity Fund

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UConn Allied Health
Visiting Nurse Association (VNA) East
Webster Insurance-Long Term Disability
Willimantic Food Coop
Windham Hospital CT Breast and Cervical Cancer Early Detection Program
Windham Regional Community Council
Windham Region United Way
Women's Health Care Franchise
YMCA

It is the policy of Eastern Connecticut State University to ensure equal access to its events. If you are an individual with a disability and will need accommodations for this event, please contact the Office of University Relations at (860) 465-5735.

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Eastern Connecticut State University is part of the Connecticut State University (CSU) system and is the state's public liberal arts university. ECSU serves more than 5,000 students each year on its Willimantic campus.