



Eastern Connecticut State University

NEWS

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For Immediate Release

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Eastern to Host 14th Annual Health, Wellness and Benefits Expo

Willimantic, CT-- More than 60 health agencies and benefit representatives will converge on Eastern Connecticut State University's Sports Center on Oct. 17 for the 14th Annual Health, Wellness and Benefits Expo. The event, which is free and open to the public, will run from 10 a.m. to 3 p.m.

A variety of demonstrations, performances and free health screenings will occur throughout the day including blood pressure, cholesterol and hearing screenings. Free massage, free health food samples, HIV risk assessment/testing, muscle strength and conditioning, and skin damage analysis also will be available. Demonstrations will include Taiji, martial arts, Yoga and Rakia. Flu shots will be available for \$15.

The expo will offer free and confidential testing and counseling for a number of sexually transmitted diseases including chlamydia, gonorrhea, syphilis and HIV.

Educational materials regarding STDs will be available as well.

The American Cancer Society, American Red Cross, Connecticut Council on Problem Gambling, Willimantic Food Coop, Windham Hospital Breast and Cervical

Cancer Early Detection Program and Windham Region United Way are just a few of the participants.

Representatives from MetLife Home and Auto, Liberty Mutual Home and Auto, Ing Life Insurance Programs and Fort Dearborn are a few of the companies who will be on hand to answer questions regarding employee benefits and retirement programs, life insurance, home and automobile insurance, short term disability and much more.

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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.

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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.