

CARDIOVASCULAR HEALTH

WEDNESDAY | FEB. 15TH

Lone Butte Training Room

12:00PM - 1:00PM



Scan QR Code!

**Event
Registration
Required**

Limited Space Available



Lunch & Learn

Learn more about how to prevent heart disease, the importance of family history, diet and exercise on cardiovascular health, warning signs and risk factors, and disease management tools and tips are discussed.

For Upcoming Events Visit: www.teamworks.gilariver.casino/wellness/events

Financial Wellbeing

RETIREMENT ACCOUNT BASICS

WEDNESDAY | FEB. 15TH
Webinar

2:00PM - 3:00PM



Scan QR Code!

**Webinar
Registration
Required**

All Are Welcomed!



Webinar

You're invited to our 2023 Getting Better with Gallagher Financial Wellbeing Live Virtual Events. Join Gallagher Retirement Plan Consultants each month to learn more about how you can take small steps to achieve better financial wellbeing.



For Upcoming Events Visit: www.teamworks.gilariver.casino/wellness

MANAGING BLOOD PRESSURE

WEDNESDAY | FEB. 22ND
BCBS Webinar

12:00PM - 1:00PM



Scan QR Code!

**Webinar
Meeting Link**

All Are Welcomed!

Webinar

Do you know what your blood pressure is? What it should be? Learn about blood pressure, including what causes high blood pressure, how it impacts your body, and how to reduce your risk for developing high blood pressure.

Blue Cross® Blue Shield® of Arizona is offering a series of live webinars focused on keeping you feeling your best.



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Blue Cross Blue Shield of AZ

BIOMETRIC SCREENING

Monday | **FEB. 20TH**
Wild Horse Pass - Agave

7:00AM - 11:00AM



Scan QR Code!

**Schedule
Appointment**

All Are Welcomed!



Free Medical Screening

KNOW YOUR NUMBERS! One of the best ways to prevent chronic diseases like heart disease and diabetes is becoming aware of your numbers in the key risk areas of blood glucose, blood pressure, cholesterol, and BMI. At your biometric health screening, you will receive your numbers (immediately!) Scan the QR code to sign up for an appointment.

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GOLFING FOR WELLNESS

FRIDAY | FEB. 24TH

Whirlwind Golf Course

12:00PM - 1:00PM

Limited Space Available



Scan QR Code!

**Event
Registration
Required**

Limited Space Available



Whirlwind[®]
GOLF CLUB

GOLFING EVENT

Join us as we team up with Whirlwind golf professionals in an engaging instructional session that will introduce you to the game of golf or upskill your current abilities.

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