Jan. 7 & 9, 2020
Cowell Hall Lobby
7-10am

Get a **biometric screening** courtesy of the Staff and Faculty Health and Well-being Program. Must be UC Davis staff or faculty over 18 to participate.

Screening includes cholesterol, triglycerides, glucose, height, weight and waist circumference with consultation.

You must fast 8-12 hours prior to your confidential screening, staying hydrated with only plain water.

**SPACE LIMITED**

**SIGN UP** now:
tiny.cc/knowyournumbers2020

Questions?
wellbeing@ucdavis.edu
(530) 752-6106