VISIONARY
PASSIONATE
DYNAMIC
CONNECT:
WELL@WORK
HEALTH EXPO

You’re invited...
To the Staff Health Expo promoting health and wellbeing at UOW

When: 26th March, 11am – 2pm
Where: University Hall Foyer (Bld. 11)

Join us, have a chat to our experts, participate in a number of health activities and pick up some great tips and giveaways

UOW Workplace Health & Safety
The **Well@Work Health Expo** is back for the second year running and bringing to UOW:

- **Local experts** who are passionate about health and wellbeing including the Cancer Council, Breastscreen NSW, Phytney Health Care, ParkRun, NSW Get Healthy, Illawarra Women’s Health Clinic, GCC, Optum (EAP), Nutrition Australia, and our own URAC plus many more.
- **Free health checks** from the IMB sponsored Victor Chang Cardiac Research Team
- Numerous **exhibitors** with giveaways and helpful tips to improve your health and wellbeing
- And the chance to **win great prizes** including a 6 month URAC membership just for showing up on the day.

Save the date in your calendar and come along to help us, help you.

**Sponsored by**

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