



PLEASE WELCOME OUR NEWEST CNU COLLEAGUES TO CAMPUS!

Back row, left to right: **Katie Evans**, Human Resources; **Sharon Wydman**, Auxiliary Services; **Lee Kintchen**, CNU Police; **Mike Henle**, Center for Career and Academic Planning; **Tim Sparks**, Auxiliary Services. Front row, left to right: **Diane Nickerson**, Grounds; **Amanda Norwood**, CNU Student Worker for Human Resources.



SAVE THE DATE! Announcing the 13th Annual CNU Benefits Fair!



Wednesday, October 19, 2011
10:00AM - 3:00PM
DSU Ballroom
Details Coming Soon!



When it Comes to Your Health...Knowledge is POWER!

Knowing more about your health gives you power to make lifestyle changes and reduce your risk for disease. CNU will team up with CommonHealth to offer free and confidential onsite health screenings at the Benefits Fair. Learn more about your blood pressure, cholesterol, diabetes risk and body mass index (BMI). To pre-register for your personal health screening, please contact Stacey Foshee in Human Resources at 757-594-7145. *All screenings must be scheduled in advance.*

TOO BUSY TO BE SICK? Let us help you stay healthy this cold and flu season!

Farm Fresh Pharmacy will provide a Walk-In Clinic during the Benefits Fair. There is no cost to employees who present the state health insurance card. Otherwise, the cost is \$17 and paid by cash or check at the time of service. To participate, **please follow the directions on our benefits [web-site](#).**