

Save the date

August 2 - 7, 2010



Be Well SM Washington

A FAMILY HEALTH WEEK



Regence



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Regence BlueShield is an Independent Licensee of the Blue Cross and Blue Shield Association

Be Well SM Washington

A FAMILY HEALTH WEEK

It's a week filled with healthy fun and advice for you and your family.

Family Health Week (Aug. 2 - 6)

You're encouraged to make healthy choices for your physical and mental well-being through:

- Complimentary health screenings
- Informative lectures with health care experts
- Healthy Cooking demos

Be Well Health Fair (Aug. 7)

Bring your family to Qwest Field and learn the benefits of health, wellness and an active lifestyle:

- Interactive wellness displays
- Health-focused exhibits for women and seniors
- Kids' Corner full of fun and healthy activities
- Cooking stage
- Entertainment and more!

For more information visit the Be Well Washington website:

www.bewellwashington.com



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