

# Health Performance Strategies

Your Partner in Organizational Health and Wellness



## Associated Wire Rope Fabricators 2016 SPRING GENERAL MEETING & PIE

We're excited to see you in New Orleans! Be sure to stop by the Florida Hospital booth during the P.I.E. on Monday, April 18<sup>th</sup>. Here is a sneak peak of what will be offered:

- **Biometrics Screenings** – We live in a world of numbers: phone numbers, PIN numbers, revenue numbers, stock market numbers. But do you know the heart health numbers that could literally save your life?
  - Your blood pressure
  - Your cholesterol levels
  - Your body mass index

Our team of clinicians will be on hand again this year to provide these important screenings. Take a few minutes out of your day to get this important screening done!

- **Did you say Cooking Demo?** That's right, Chef Edwin Cabrera will be on hand again this year to whip up some amazing and delicious healthy recipes that you can enjoy at the conference and make for your family.
- **Get your blood pumping** and join us for an early morning group fitness class on the 18th! Our *No Equipment Necessary* fitness class is designed to show you how to use your own body for resistance ~ and the best part – you can do these exercises anywhere. No gym required!



**FLORIDA HOSPITAL**  
*Health Performance Strategies*  
*The skill to heal. The spirit to care.®*