



Press Release

For Immediate Release: January 19, 2006

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San José Unified School District
Inspiring and Preparing for Success.

**San Jose Unified School District to
Sponsor Employee Health Fair**

JANUARY 20, 2006

GUNDERSON HIGH SCHOOL

622 GAUNDABERT LANE

SAN JOSE, CA 95136

12:00 p.m. to 4:00 p.m.

San Jose Unified School District is sponsoring a Health Fair on January 20, 2006 at Gunderson High School, from 12:00 - 4:00. promoting good health for all of the San Jose Unified Employees. Our goal is to promote health awareness by providing health screenings, activities, materials, demonstrations and information.

Classes will be offered will be:

STRESS LESS YOGA FOR KIDS! (Great classroom activities)

FINANCIAL PLANNING FOR AN EMERGENCY STRS: UNDERSTANDING THE STATE

TEACHERS RETIREMENT SYSTEM AND PLANNING FOR THE FUTURE

Employees will learn how dedicating only a few hours of their time will motivate and empower them to take greater control of their health in order to live a longer, happier and more productive life. They will have the opportunity to learn how to prevent major diseases and/or illnesses. Speak to local businesses and professionals.

FREE HEALTH SCREENING TESTS SERVICES FROM VARIOUS HEALTH CARE VENDORS

MASSAGE THERAPY CHIROPRACTICE EVALUATIONS BACK CARE

ACUPUNCTURE

HEALTH CLUBS GIFTS RAFFLES PRIZES FOOD

Many door prizes, raffles and game prizes will be awarded during the day.

Information on the Health Fair can be obtained from: Colleen Fanciullo; 408-535-6660