

Life Long Wellness Fair

Wed May 17th: 11a - 1p

Join us in the Western Administration Complex courtyard and learn about the advantages of living well and see all of the health and wellness resources available to you through the County.

"Your Health and Wellness Is Our Priority"



EMPLOYEE HEALTH

County nurse practitioners onsite that will be offering blood pressure screenings



RECREATION & PARKS

Information about summer programming as well as free fitness memberships for employees



ANTHEM

Information regarding employee health benefits



ADVOCATE FOR AGING

Resources for citizens 60 and older, their family members and caregivers



EMPOWER RETIREMENT

Empower representative onsite to answer questions about deferred compensation and scheduling of individual retirement appointments



BON SECOURS

Physical therapy and sports performance onsite to talk about nutrition, sports performance, and cancer fitness program



LOCAL GYM PARTNERS

Third party gym partners onsite to discuss membership options at their local facilities



CIRCUIT CLERK

Information about the court process after a death regarding property

CONTACT INFO

Fitness & Wellness Division
fitness@henrico.us

OUR WEBSITE

[Fitness & Wellness Sharepoint](#)
[Power Henrico Website](#)

