



SAVE THE DATE

2025

HEALTH SCREENINGS

Adrian	June 5 & June 14
Ann Arbor	June 12 & June 21
Grand Rapids	June 10
Lansing	June 11
Troy	June 7 & June 19

DID YOU KNOW SMALL CHANGES CAN LEAD TO BIG IMPACTS?



MOVE MORE

Aim for 30 minutes
of activity most days
of the week



DRINK UP

Strive for drinking
half your bodyweight
in ounces of water
per day



GO GREEN

Make ½ of your
plate greens or
non-starchy
vegetables



DE-STRESS

Practice deep
breathing, meditation,
journaling, art or
music therapy

HEALTH HUB



Scan QR Code and learn
more about the health
screenings

kapnickstrive.com/kapnick

QUESTIONS?

Contact your wellness
coordinator at
Renee.Johnson@kapnick.com