



WHAT TO EXPECT

2026 Health and Well-Being Fair

October 21, 2026 | 7:30 a.m. - 2:00 p.m.
UI Field House, Main Deck

Don't forget to bring your University ID
to swipe in when you arrive!

FREE


CHAIR MASSESSES


PRIZES & GIVEAWAYS


HEALTH SCREENINGS


FLU SHOTS

NEW


FOOD TRUCKS


BLOOD DRIVE

Information & Resources:

- Connect with **UI Health Care** experts and services.
- Get your **UI benefits** questions answered in person.
- Learn about the campus well-being resources.

Celebrating 20 years of
livewell



Thousands of employees served through
health coaching, wellness programs, and
campus partnerships!



Want to participate,
but can't attend in person?

**Visit our
virtual site!**



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