



## TWU Local 100 and MTA NYC Transit have partnered to Launch a Comprehensive Health Awareness and Prevention Initiative



**TWU Local 100-MTA  
NYC Transit Health Fair  
Friday • September 16<sup>th</sup> 2016  
TWU Union Hall / 9:00am-3:00pm  
195 Montague St  
Brooklyn, NY 11201**

TWU Local 100 and MTA NYC Transit have partnered to offer you a series of events for transit workers and their families focused on your long term health needs.

On Sept 16, programs will include awareness seminars, screenings and “how to” classes. We will be offering nutrition and exercise classes every half hour. So come out and try a few and see if any are right for you.

Nurses from Mount Sinai as well as Reps from your dental and vision plans will do screenings on blood pressure, cholesterol, blood glucose, vision testing, oral cancer check and much more. Also, representatives from Health Carriers Empire and UHC will be on hand to answer questions about your benefits.

\*All testing is confidential.

# Your Health Matters Most



**Lots of stuff to do, and lots of cool giveaways. Best part, it's all FREE. So is the food and drinks.**

More info will be forthcoming on the union website: [www.twulocal100.org](http://www.twulocal100.org)

