



THE COMPANY HEALTH FAIR

CONTACT US:

For more information on a resource, please feel free to contact the individual participants shown.
For more information on the Company Health Fair program, or to schedule services and events, contact Shaina Carr at 713-442-0067.



ONSITE HEALTH, WELLNESS AND FINANCIAL
RESOURCES FOR BUSINESS



WE COME TO YOU.

Add a new level of information and expertise to your upcoming employee events.



The Company Health Fair offers you a wide variety of quality resources and experts to add to your next enrollment fair, health event or lecture series. Participants in the "Company Health Fair" offer customized services onsite at your locations. Choose from our menu of participating service organizations.

This unique offering is available to Houston-area employers with 50 or more employees onsite at Houston-area locations. Our informational services are typically offered at no charge. Additional services may be available from participants at a negotiated cost.

THE CHAMBER WORKS FOR ITS MEMBERS

The Galleria Chamber of Commerce is a dynamic business alliance serving the business and cultural interests of our service area which includes The Galleria, Uptown, Greenway Plaza and West Houston. The Chamber is proud to represent our 750+ members.

Our mission is to unite and engage the Houston business community, and provide dynamic business and civic leadership so that our service area will remain prosperous and vibrant.

We promote international trade efforts and business-focused trade missions, sponsor public policy discussions and seminars, and work with various school entities to improve education opportunities and to insure the availability of a qualified workforce.

The Chamber also handles the traditional roles of a chamber; we hold numerous networking monthly meetings, present a wide variety of stimulating and informative speakers at our monthly luncheons, coordinate seven active committees, spotlight our internationally renowned restaurants at Grazing Gras, our annual epicurean event, host an annual celebrity golf classic, and hold a Winter Dinner that provides scholarships to worthy Houston ISD and Spring Branch ISD, and YES Preparatory high school students. In 2002, we inaugurated the Texas Legends Gala to honor Texas philanthropists and business and civic leaders.



HEALTH AND WELLNESS RESOURCES:



- Informational lectures from physicians, dietitians and allied health professionals
- Comprehensive health screenings including height, weight and blood pressure, along with 11 lifestyle biomarkers
- First in Houston to offer the Know Your Number® Health Profile, a computerized five-year risk assessment for Coronary Artery Disease, Congestive Heart Failure, Stroke, Type II Diabetes and some types of cancer

www.kelsey-seybold.com



- Spinal screenings
- Osteoarthritis and herniated disc information
- Available for ergonomic safety talks

www.corechiropractic.net



CIGNA HealthCare

- Presentation on the employer's role in the health of their employees
- Health Insurance 101 for employees and employers
- Preparing for an appointment with your physician

www.cigna.com



- Exacting Health and Biometric Screenings for Cholesterol, Triglycerides, Cardio Risk Ratio, Glucose, Blood Pressure and Body Mass Index, with immediate results
- Onsite Seasonal Influenza and Pneumonia vaccinations
- Solution-Specific Nutrition Consultations by a Registered Dietitian
- Therapeutic Chair Massage by licensed massage therapists
- Targeted Wellness Seminars to address and drive all Corporate and Wellness Initiatives

www.memorialhermann.org



- Offers an abundance of health information
- Free blood pressure screenings
- Information about stretches, osteoporosis, vitamins, back surgery and knee replacement

www.foundationssurgicalhospital.com



- Complimentary BMI screenings
- Educational information about diabetes, women's health and more
- Informational lectures on a variety of health topics, including Wellness in the Workplace
- Demonstration of www.familyhealthbudget.com, health care budgeting tools and information

www.humana.com



- Provide free assistance to companies implementing worksite wellness programs related to cancer prevention
- Onsite mammography screening
- Informational lectures for employees on ways to reduce cancer risks
- Exhibit booth featuring quick tips on ways to lead a healthy lifestyle to reduce cancer risks, and free cancer education publications

www.mdanderson.org



- Information on Aging Parents/Aging in place and Support Services
- Free Nurse Assessments
- Certified Nurses Aides that provide custodial services including Transportation and Med set-ups
- Dementia / Alzheimer's Care
- Care Management for Continuance of Care

www.cameocaregivers.com



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- Will participate in workshops & panel discussions

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www.fa.smithbarney.com/alan_orkin



The Hampton Tanglewood The Hampton Post Oak
The Village of Tanglewood

- Seminars and programs on community-based retirement living options
- Support group programs for independent living, assisted living, Alzheimer's and dementia and skilled nursing needs
- Support programs and services regarding senior-related physical, occupational and other therapy-related needs
- Guidance and support programs available at no charge

www.brookdaleliving.com



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www.executeam.com



- Information on health and wellness issues and programs
- Guest speakers on health, wellness and nutrition
- Body composition analysis
- Guest passes

www.ymcahouston.org



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www.mjmurray.com

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www.drfarahbod.com



- Helping companies deal with diabetes in the workplace
- Winning at Work teams the ADA with health partner St. Joseph Hospital to help workers lead healthier lives
- Provides the resources employees need, whether they are working to prevent diabetes or to manage diabetes if they have already been diagnosed

www.diabetes.org



- Informational booth
- Wellness support

www.uhc.com



- SKINovative® is an aesthetic medical facility specializing in general skin and body assessments for your company health fair
- Skin Assessments include analysis of damage caused by sun exposure, poor nutrition, and smoking such as Irregular Pigmentation, Excessive Wrinkling, Loss of Elasticity and Dilated Capillaries
- Body Assessments include body fat analysis, body water percentage, tips to increase hydration levels and appropriateness of medical weight loss options

www.SkinovativeHouston.com



- Educational Information on Women's Health
- Ask the DOCTOR
- FREE Bone Density Pre-Screening for Osteoporosis (Heel Scan)
- Register to Win a Microdermabrasion (A \$100 Value)

www.obgynassociates.com



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- Managing Stress
- How Training Your Brain Can Change Your Life
- All About ADHD and Mild Head Injury
- Creating Healthier Relationships

www.enhancementinstitute.com



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www.aflac.com



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- "Knowing the Right Questions to Ask When Exploring Senior Living Options"
- "Defining Care Options and Advice on How to Tap into Your Resources When Facing a Crisis,"
- "Enabling, Educating , and Empowering the Sandwich Generation,"
- "Powerful Tools for Caregivers"

www.buckinghamhouston.com



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