

NOTE: The EAP article applies to benefit-eligible State Agency, K12 (School District and Charter School), DTCC and DSU employees. The Diabetes Wellness Expo is open to the public.

Statewide Benefits Office
SBO
Benefits Made Easy
November 8, 2017 Issue
e - Newsletter

16th Annual Diabetes Wellness Expo

November 14 from 9am - 3pm at the Dover Downs Conference Center



Promoting Self-management and a Healthier Lifestyle for People with Diabetes

A FREE event, organized by the Delaware Diabetes Coalition (DDC), the Division of Public Health (DPH) and other partners, that is open to the public:

- More than 50 exhibitors and screeners
- Educational presentations
- Screenings: blood sugar, blood pressure and eye exams
- Free flu shots
- A box lunch provided (*first come, first served*)

Call To Action

➔ For more information about the event, please call the Delaware Diabetes Coalition at (302) 388-9728 or Delaware's Division of Public Health's Diabetes and Heart Disease Prevention and Control Program at (302) 744-1020.

EAP + Work/Life Program: November HMS (Health Advocate) Newsletter

Topics include:

- Holiday Health Tips;
- Preventing Diabetes;
- Build a Resilient Family; and
- Concerned about Opioid Abuse?



Free Webinar -
Tuesday, November 21
at 12:00 pm
(60 minutes)
"Elder Law Basics"

Call To Action

➔ Visit www.ben.omb.delaware.gov/eap to view the newsletter and register for the free webinar.

This newsletter is published by the State of Delaware Statewide Benefits Office.

To view other SBO e-Newsletters, visit

<http://ben.omb.delaware.gov/communication.shtml>.