

SAVE THE DATE

2026 HEALTH SCREENINGS



LOCATION	DATE(S)	TIME(S)
Adrian	June 4 Thursday	7:00 - 11:30 AM EST
	June 13 Saturday	8:00 - 11:30 AM EST
Ann Arbor	June 11 Thursday	6:30 - 10:00 AM EST
	June 20 Saturday	8:00 - 11:30 AM EST
Grand Rapids	June 09 Tuesday	7:00 - 11:00 AM EST
	June 18 Thursday	7:00 - 11:00 AM EST
Troy	June 6 Saturday	8:00 - 11:30 AM EST
	June 18 Thursday	7:30 - 11:30 AM EST

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