***Special Edition***

BENEFITS AND HEALTH EXPO 2014  
Wednesday, March 26  
11 a.m. – 4 p.m.  
At the FSU Sports Complex, - Wink Arena

Open to All, Join us for information on a wide variety of health and wellness services.  
Door Prizes and Healthy Refreshments

All Presentations and Workshops held in MCO 210
- Diabetic Education 12-12:25
- Stress Management 12:30–1:15
- Seven Steps to a Secure Retirement1:30—2:15
- Coping with Change 2:30—3:00
- Understanding & Improving your Credit 3:00 -3:25
- Pre-Retirement 3:30—4:30
- Maximize your Medical Flexible Spending 4:30—5:00
- Retirement 5:30 pm

Vendors include:
- Advantage Benefits Group,  ASR Corporation,  
- Asset Healthy, Chemical Bank, Cigna, 
- Encompass, Evergreen Physical Therapy, 
- Ferris Birkam Health Center, Ferris Catering, 
- Ferris Dining Services, Ferris Wellness Program, 
- Fifth Third Bank, Huntington Bank, 
- Lerner, Csernai & Fath Financial Group 
- Lincoln Financial Group, MCO - University Eye Center. 
- MEA Financial Services, MESSA Field Services, 
- Priority Health, State Of MI Office of Retirement Svcs. 
- Social Security Administration, 
- Spectrum Health Big Rapids Hospital, 
- Straightline, TIAA-CREF, University Recreation, 
- VALIC

Enjoy a FREE 10 minute massage 
at the Benefits and Health Expo 2014

*** Super Submissions***

It's National Nutrition Month and everyone can “Enjoy the Taste of Eating Right”! As we move into springtime explore some new foods and flavors. When you shop at the grocery store, try one new fruit, vegetable or whole grain every week. Next time you go to a restaurant, select a meal which offers seasonal vegetables with herbs. At home, include a fresh salad made with a variety of lettuces and colorful chopped veggies, then serve with a light dressing of your choice. Slices of fruit provide natural sweetness at the end of a meal. Keep taste and nutrition on your plate at every meal!

Submitted by-
Brenda Walton, RD  
FSU Dining Services