

Monterey County Schools Insurance Group

Wellness Program

Wellness Assessment 2010

SCHOOL SCREENING SCHEDULE*

Approved 1/15/10

DATE	TIME	SCHOOL	LOCATION	CONTACT	PHONE	'09#
Feb. 9	1:00-4:00 p.m.	Hartnell College	Rooms 134 & 136	Alma Arriaga	770-6168	19
Feb. 10	9:00-12:00 p.m.	M.C.O.E.	Room D	Human Resources	755-0379	48
Feb. 11	2:30-4:30 p.m.	Fairview M.S.	Library	Maria Lagunas	675-3704	22
Feb. 17	2:00-5:00 p.m.	Soledad H.S.	Mission Room	Alicia Due	678-3987 x104	36
Feb. 18	2:30-5:30 p.m.	Gladys Stone	Room 1	Annette Campbell	384-7044	29
Feb. 19	2:00-5:00 p.m.	M.L.K	Library	Maria Ortega	796-3916 x3962	36
Feb. 23	2:00-5:00 p.m.	Boronda Meadows	M.P. A or B	Maria Ruiz	784-5400	39
Feb. 24	1:00-4:00 p.m.	Sherwood	M.P.	Raquel Rivas	753-5650	34
Feb. 25	1:30-4:30 p.m.	Gavilan View M.S.	Library	Bobby Epps	443-7212 x308	37
Mar. 2	2:30-5:30 p.m.	Buena Vista M.S.	M.P.	Milena Dicks	455-2550 x12	19
Mar. 3	1:30-4:30 p.m.	Carmel H.S.	Library	Janice Hawkins	624-1546 x2054	39
Mar. 9	10:00-11:30 a.m.	San Antonio USD	P.E. Room	Faye Wells	385-3051	15
Mar. 9	2:30-4:00 p.m.	San Lucas USD	Staff Room	Estella Ramirez	382-4426	9
Mar. 10	2:00-4:00 p.m.	Fremont	Staff Lounge	Maribel Ruvalcaba	753-5750 x3662	24
Mar. 11	2:00-5:00 p.m.	Pacific Grove USD	Adult School Rm.1	Laurel Peiffer	385-3051	32
Mar. 16	1:00-4:00 p.m.	Loma Vista	Library	Sarah Witt	753-5670	36
Mar. 18	10:00-12:00 p.m.	King City H.S.	Library	Nita Thomas	385-5461 x3243	14
Mar. 18	2:00-4:30 p.m.	Santa Lucia	Classroom P8	Janette Domingos	385-3246	32
Mar. 19	1:00-4:00 p.m.	C. Chavez (Grnflld)	Staff Rm.	Bertha Gonzalez	674-2412	39
Mar. 23	2:30-5:30 p.m.	San Benancio M.S.	M.P.	Lyn Yee	484-1172	30
Mar. 24	2:30-5:30 p.m.	Gonzales H.S.	Library	Lollie Rodriguez	675-2495 x303	22
Mar. 25	9:00-12:00 p.m.	M.C.O.E	Room E	Human Resources	755-0379	37
Mar. 31	11:00-3:00 p.m.	Carmel M.S.	P.E. Room	Janice Hawkins	624-1546 x2054	28

*Subject to change

- The Wellness Assessment includes a computerized health risk appraisal and health screenings for cholesterol, glucose, risk ratio, blood pressure, Body Mass Index and grip strength. All test results remain confidential. No fasting is required.
- The assessment is offered at no-cost to all MCSIG members over age 18. Non members will be asked to pay \$50.
- Space is limited and appointments are strongly encouraged. To make a 20 minute appointment, please call the contact person listed above.