

Join us at our 7th annual NNPS Employee Wellness Expo to promote fit and healthy living.

# NNPS Wellness Expo



**Saturday, March 23, 2024**

**9 a.m. to noon**

**Heritage High School**

**5800 Marshall Avenue • Newport News**

Get on the path to better health.  
Bring your family for a day of  
information and healthy fun for everyone.

- Exercise and Fitness Demonstrations
- Vitality Health Assessment Lab
- Information Booths
- Children's Activity Stations
- Educational Workshops
- Giveaways and Door Prizes

First 125  
NNPS Employees  
will receive a  
Wellness  
Sportpack!

Bring Your  
Family and  
Friends!  
**FREE to All**



## NNPS Pre-Retirement Seminars

Learn how VRS, VRS Hybrid, Newport News Employees Retirement Fund (NNERF), Social Security and NNPS supplemental retirement plan (Empower) will affect your retirement.

Multiple sessions offered with the following start times during the Wellness Expo:  
9 a.m. • 10 a.m. • 11 a.m.

## Benefits Fair

Have Questions...  
Meet representatives from

- Sentara Health
- VSP
- Legal Resources



## Participate in fitness classes!

Remember to dress to get fit!

- Warrior Rhythm/Strength
- Belly Dancing
- Zumba
- Xtreme Hip Hop Dance
- Kickboxing
- Gentle Yoga
- Line Dancing
- CrossFit

**Move. Eat. Think.  
Be Well.**