

## Spread the word, not the flu <sup>[1]</sup>

September 16, 2014 by [\(not verified\)](#) <sup>[2]</sup>

Help your employees get in front of the upcoming flu season: Download, print and hang [Be Colorado's HealthFair & Flu Shot Clinics poster](#) <sup>[3]</sup> in your office or building.

[Be Colorado](#) <sup>[4]</sup> is hosting these events for CU employees who are members of a medical CU Health Plan, as well as their covered spouses. The HealthFairs and flu shot clinics run from Monday, Sept. 22 – Thursday, Oct. 30, [at various locations](#) <sup>[5]</sup>.

### Why should employees attend?

Eligible employees/covered spouses who attend will be placed in a drawing for Fitbits and mini tablets. At the event, they can:

- Get a free flu shot (pre-registration required).
- Meet and speak with representatives from 15 vendors in the health, wellness, fitness and nutrition fields.
- Learn about and see the effects of sun damage.
- Test their bone density and lung function.

[be colorado](#) <sup>[6]</sup>, [health](#) <sup>[7]</sup>, [flu shot](#) <sup>[8]</sup>

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