

# You're invited to the free Back-to-School Wellness Event!



## Receive complimentary school and sports physicals, vaccinations, and more!

Join us at the EIT Health & Wellness Center to get your kids all set for a healthy school year. You can even enter a raffle for a chance to win a prize. Plus, you'll have the opportunity to meet your care team and participate in the following activities and services at **no cost**:

- Complete a school/sports physical
- Have a quick, functional, full-body assessment performed to screen for movement dysfunction
- Receive up-to-date vaccinations
- Learn coping strategies and practice deep breathing exercises and affirmations



### When:

July 23, 5 p.m. – 8 p.m.  
August 13, 5 p.m. – 8 p.m.



### Where:

EIT Health & Wellness Center  
6195 W. 115th St., Suite A, Alsip, IL 60803

### How to prepare:

Give us a call at (312) 262-7002 to reserve a spot for a school/sports physical during the event. Please bring a photo ID, insurance card, vaccination records and completed school/sports physical form.

## We are here throughout the year.

From routine check-ups to being seen when you or your loved ones are feeling sick, we are here every step of the way. Our member portal makes it easy to schedule appointments and communicate with us between visits. Download the My Premise Health app or visit [mypremisehealth.com](https://mypremisehealth.com) to get the most out of your care.



## Schedule an appointment for all your other healthcare needs.

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

### Who is eligible to use the EIT Health & Wellness Center?

Actively covered participants, eligible dependents  
(ages 2 and up) and covered retirees.