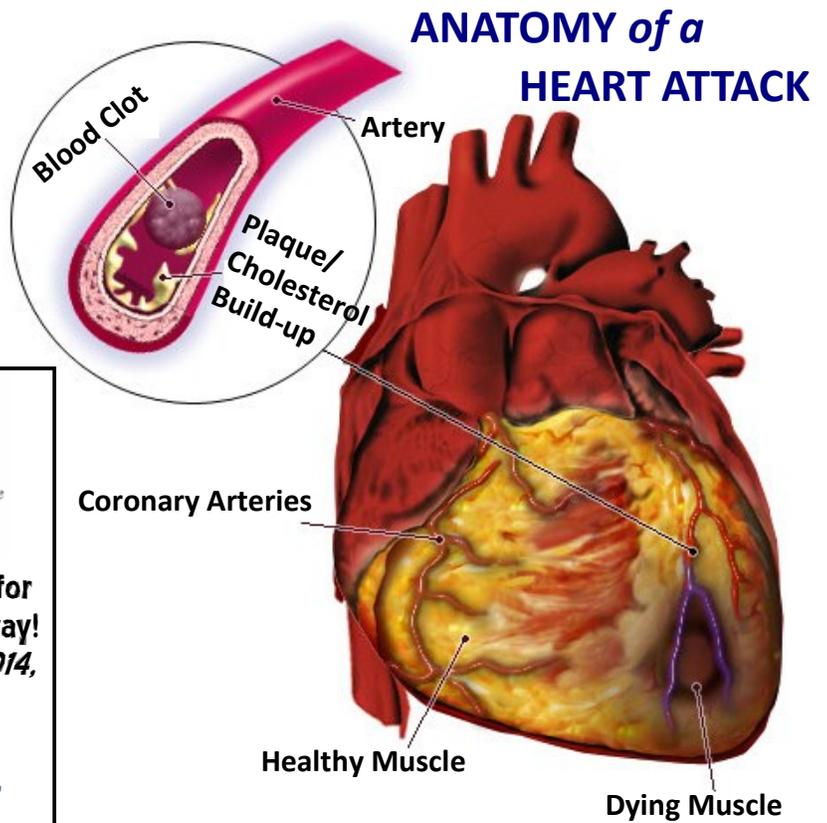


# February 2014



**NATIONAL BENEFIT SERVICES, LLC**  
Customer Care • Knowledge and Expertise • Organizational Excellence



**DON'T** throw your credit card for your Flex Spending Account away! If you elected more \$\$\$ for 2014, it'll be added to your card.

If you have flex money from 2013 leftover, You have until **March 15th** to spend it!



## KNOW the SYMPTOMS of a HEART ATTACK

Chest Discomfort	Arm/Back Discomfort	Neck/Jaw Discomfort
		
		
Shortness of breath	Feeling faint/breaking into a cold sweat	Nauseous

**Recognize the signs & act immediately—call 9-1-1.**

## \*\*HEALTH TALKS\*\*

**FEBRUARY 20:**  
THE ANATOMY OF COLON CANCER ~WITH ELIE FAHED, M.D. FROM ROCKY MOUNTAIN ONCOLOGY.

TIME: 12-1 PM  
LOCATION: COUNCIL CHAMBERS



**FEBRUARY 25:**  
How to train for the Police Fitness Test in June 2014; let's help you earn Paid Time Off~ with Dalton Powers, CSCS from Wind City Physical Therapy.

TIME: 1-2 PM  
LOCATION: COUNCIL CHAMBERS



**SIGN UP THROUGH WOTC ! THESE COUNT TOWARD YOUR REQUIRED 2 HEALTH TALKS FOR 2014!**



Welcome NEW Wellness Nurse!

Betty Jo Monfort R.N., B.S.N.  
1-800-426-7453, ext. 1266  
[Bmonfort@CNICHS.com](mailto:Bmonfort@CNICHS.com)

