



# For Your Benefit

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SEPTEMBER, 2015

DISTRICT NO. 9 IAMAW  
PENSION & WELFARE  
TRUSTS

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## *Thank You Nancy Heim For 40 Years Of Service*



Nancy started working in the District 9 Welfare Trust office in November 1974. Back in the days of typewriters, adding machines, rubber cement and lots of paper. Nancy has seen many advancements and improvements in office technology and has taken all of them in stride.

During her time here, Nancy was an essential part of our office. Her work ethic, organizational abilities, and friendly smile will be greatly missed.

Everyone at the District 9 Welfare and Pension Trust offices wishes Nancy and her husband Harold 'Bon voyage' as they set off on their adventures!

### Important Dates:

#### September

7th            Closed

#### October

10th        Health Fair

#### November

11th        Closed

26th        Closed

27th        Closed

#### December

24th        Closed

25th        Closed

## Mark Your Calendars!

The annual Health Fair will be held on October 10th. See the back of this flyer for more information.



# 18th Annual Family Health Fair

Saturday, October 10, 2015

8:00 A.M. until 12:00 P.M.

At the District No. 9, Machinists Hall

12365 St. Charles Rock Road

Bridgeton, Missouri, 63044

The Health Fair will offer participants a variety of health screens and health resource information **free of charge**. Nurses, dieticians, and health care professionals from Mercy Managed Behavioral Health will provide:

- Flu Shots available for those age 4 years and over—A very limited number of preservative free shots available to those that require it
- Confidential Cholesterol (requires fasting) and HDL Testing
- Blood Pressure
- PSA Testing
- Hearing Tests
- Bone Density Scans
- Chair Massages
- Information on Nutrition, Exercise, Stress Management and Healthy Lifestyles for all ages
- **Mammogram Screenings - See below for details (cost applies)**

We will have representatives from both the Pension and Welfare Trusts' to answer any questions you may have. There will be refreshments, attendance prizes and the Kid's Korner will be loaded with lots of fun activities. Mark you calendar!



## **Mercy St. Louis Breast Center**

The digital screening mammogram cost will be billed to your health insurance. Please bring your insurance card and a photo ID to your appointment. Call to schedule your appointment as a limited number are available. For more information or to schedule a mammogram, call (314) 251-6300 or 800-446-3742.