

Retiree's Wellness Conference

"...an overwhelming success."

- **Don Rice**

"...a rewarding experience. I was very impressed with the presentations, they were very educational - a wealth of information. I would encourage everyone to attend."

- **Janet Presley**

"I enjoyed this event so much. I have learned so much."

- **Ginny Christy**

"The Wellness Conference was so outstanding... and the Amelia Island Romantic Weekend Package was amazing. The room, the service -- everything was wonderful!"

- **Norm and Chris Bowman**

Grand Prize Winners

The City of Gainesville's average cost of health claims are among the lowest in the nation. See graph below. But because of the predicted national increases over the next 10 years we must take action. Through proper usage of the insurance plan, health services, and involvement in LifeQuest our wellness program we will maintain our low premiums.

During our seasonal Wellness Conferences our Retirees are invited to spend the day with experts in the medical field and enjoy wonderful food. They will benefit from frontline information presented concerning: pharmaceuticals, nutrition, exercise, 911 emergency, as well as the treatment and prevention of osteoporosis, heart disease, stroke, cancer, obesity, and many other medical conditions.

Health Insurance Funds

Wellness Works!

