



Employee Health
and Wellness Center

UPlan

The journey to better health begins with just one step.



**Join us for a Grand Opening
Open House November 29**

Join us for a Grand Opening Open House

Thursday, November 29, 2007

9:30 a.m. to 4:00 p.m.

Prizes and healthy refreshments

Special program for young children from 2:30 to 4:30 p.m.

Find out more about the new UMD Employee Health and Wellness Center, which offers a variety of services to help encourage and maintain good health:

- QuickCare Clinic – No appointment necessary
- Medication Therapy Management Clinic – Appointment required
- Health Coaching – Appointment required

Services are low-cost or free to eligible UPlan members. QuickCare is also available to non-UPlan employees at a reasonable cost.

UMD Employee Health and Wellness Center

107 Kirby Student Center

www.d.umn.edu/umdwelness/

MTM and Health Coaching Appointments:

218-726-6750

QuickCare Information Line:

218-726-8666



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University of Minnesota Duluth
107 Kirby Student Center
1120 Kirby Drive
Duluth, MN 55812

