

HEALTHY@HARRIS

FIELD



DAY

WELLNESS AT WORK 2019

SATURDAY  
OCTOBER 5

Quillian Center  
10570 Westpark Dr.  
8 a.m. – 12 p.m.



**Bring the Team! Bring the Family! Bring the Fun! BRING IT ON!**

This year's Field Day will feature a Team Tournament as well as individual games and activities for employees and their family members.

**The Team Tournament will have five events:**

- Giant Volleyball
- Obstacle Course Relay
- Lawn Games
- Giant Foosball
- Dodgeball

*Each team will play in all 5 events at a scheduled time.*

**Activities available for individuals and children include:**

- rock wall
- pop-a-shot inflatable
- face painters
- cornhole
- inflatable maze
- balloon artists
- bounce house/slides
- photo booth
- kickball
- kids' obstacle course

**[Click here to register as a team or an individual.](#)**

**PLEASE NOTE:** Individual registration **DOES NOT** register you for the Team Tournament portion of the event. If you would like to register a team for the tournament, please use the Team Registration Form.

*All employees and spouses who attend Field Day will receive 100 Premium Points on mycigna.com.*

*The team that wins 1st place in the Team Tournament will receive an ADDITIONAL 100 Premium Points or all team members.*

*The teams that win 2nd and 3rd place in the Team Tournament will receive an ADDITIONAL 50 Premium Points for all team members.*

*A "Spirit Award" will also be given to the team that shows the most team spirit. The team that wins the Spirit Award will receive an ADDITIONAL 50 Premium Points for all team members.*

**SCHEDULE**

**8 – 8:30 a.m.**  
Check-in

**8:30 a.m.**  
Individual and kids'  
activities open

**9 – 11:30 a.m.**  
Team Tournament

**12 p.m.**  
Individual and kids'  
activities close.

A brief awards  
ceremony  
will be held.