

For Immediate Release

HOPKINS PRINTING 2012 HEALTH FAIR

COLUMBUS, OH (October 16, 2012) – The Hopkins Printing lobby and training room were transformed into a learning center and health fair for all of its employee owners today. A team of nurses from Mt. Carmel Medical Center conducted ten minute health screenings for Hopkins employees as well as their spouses. These screenings measured glucose levels, cholesterol, triglycerides, blood pressure and BMI.

Hopkins has encouraged employees to “Know their Numbers” when it comes to health care for several years. When asked about the campaign, HR Director, Michelle Waterhouse said, “It’s important for our employees to ‘know their numbers’ because preventing, delaying or reversing the negative impact of bad numbers is easier with a proactive approach. Hopkins plans to bring wellness into the workplace in 2013 and this was a great kick-off for feeling better and improving our health knowledge.”

Hopkins’ Health Fair also included several options to improve financial health and knowledge. Vendors set up booths and shared information on the importance of living both a healthy physical and financial lifestyle. In addition, representatives from Costco, New Balance, Body by Vi, Comfort Keepers, AGLA and Ohio Health handed out coupons, samples and information on their products and services.

Many of Hopkins’ support vendors provided prizes for the day which included gift cards, sports memorabilia, apparel, coolers, a grill and two adult bicycles. Hopkins values the safety and well being of its employees and appreciates the support from its vendors for this fun and educational endeavor.

About Hopkins Printing

Hopkins Printing is a 100% Employee Owned commercial printing company that has been in business for over 30 years. A graphics communications leader in the central Ohio area, Hopkins has been named A Best Workplace in America by Printing Industry of America and has received the Better Business Bureau Integrity Award. Hopkins was named a Top Small Company Workplace by Winning Workplaces earlier this year and was featured in Inc. Magazine for its innovative cross-training program.

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