

# THE CONNECTION

Newsletter of The Teamsters Health & Welfare Fund of Philadelphia and Vicinity



## Health & Wellness

The 2023 Health Fair has been scheduled for  
Saturday, September 9th at Teamsters Local 107  
12275 Townsend Rd Philadelphia, PA.  
10AM—1PM

Come get your annual Wellness Screening. You only have until October 31st to secure your Platinum Plan for the 2024 Plan Year. So, go online and secure your spot for your Wellness Screening. You can register by going to the Quest website.

[MY.QUESTFORHEALTH.COM](https://my.questforhealth.com)

**KEY REGISTRATION WORD: WELLTEAM**

On the next page, you will see what else you can expect to find at the upcoming Health Fair. Including a special guest! All Teamster Members and their families are welcomed to attend this event.

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## Special Guest Appearance Riley Cote Former Philadelphia Flyer

Riley Cote played 8 years of professional hockey including 4 with the NHL's Philadelphia Flyers. His hard style of play eventually took its toll and he decided to retire from playing in 2011 at the ripe age of 28 and committed to a life of mindfulness, healing, and to the integration of sacred earth medicines in his recovery of post-concussion syndrome, and substance abuse issues. Riley is a creative entrepreneur, certified Yoga teacher and founded Cote Culture, a mindfulness coaching program that teaches the power of mindfulness and meditation. Cote works with high level performers, athletes, first responders and military veterans integrating mindfulness practice with psychedelic & earth medicine integration.



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LISTED BELOW ARE THE VENDORS THAT WILL BE  
AT THE HEALTH FAIR

Prizes will be raffled off for those that attend the Health  
Fair

- Teamsters Health and Welfare  
Fund
- Horizon Blue Cross Blue Shield
  - Aetna
    - NVA (Vision Plan)
    - Total Care Network
      - Teladoc
    - Health Care Solutions
  - Mattucci and Associates
    - Guardian Nurses
  - COLOR Genomics
- Dr. Simon Small (Orthotics)

