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SEL hosts annual Education and Wellness Expo

Free glucose, cholesterol and fitness screening and more!

PULLMAN, Wash.—Sept. 14, 2015—Schweitzer Engineering Laboratories places the focus on self-improvement at the annual Education and Wellness Expo. The event takes place from 11:30 a.m.–5:30 p.m., Wednesday, Oct. 7, at the SEL Event Center, 1825 Schweitzer Drive. Admission is free.

The Expo features more than 50 health and education vendors. Workshops will be presented on bodyweight strength training, financial planning for college, meal planning for the busy person, interview skills and resume building, and achieving your best mental health.

The logo for the Education and Wellness Expo features the words "education" in green, "and wellness" in blue, and "expo" in black, all in a sans-serif font. A vertical grey line is positioned to the left of the text.

“This event brings together a large selection of businesses dedicated to helping people make positive life changes,” said Shea Slover, SEL Wellness Specialist. “It offers a great opportunity for people to learn what local resources are available to them based on their specific education and wellness goals.”

Attendees will have access to several on-site services, including free glucose, cholesterol and fitness screening. Door prizes will be given out and there will be a grand prize drawing.

Originally created as a resource for its employees in 2000, SEL opened the Expo up to the public in 2010.

To learn more or to register for a workshop, visit <http://bit.ly/1iqVtoH>.

SEL invents, designs, and builds digital products and systems that protect power grids around the world. This technology prevents blackouts and enables customers to improve power system reliability, safety and cost. SEL, a 100 percent employee-owned company headquartered in Pullman, Washington, has manufactured products in the United States since 1984 and now serves customers in 147 countries. SEL provides unmatched technical support and customer service along with a 10-year worldwide warranty.

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