

CITY OF HAMPTON



PASSPORT TO BENEFITS



EXPLORE • LEARN • CONNECT • THRIVE

CITY OF HAMPTON EMPLOYEES

PASSPORT TO BENEFITS

Your Benefits. Your Wellness. Your Journey.

2027 OPEN ENROLLMENT WELLNESS FAIR

EXPLORE
YOUR BENEFITS
A BRIGHTER
YOU AWAITS!

Same
Destination.
A Healthier,
Happier You!



Tuesday,
October 6, 2026



9:00 a.m. –
2:00 p.m.



City Hall Lobby
22 Lincoln Street

ALL
EMPLOYEES
ARE INVITED



Join us for a day of benefits, wellness, food, relaxation and more!
Meet our benefit partners, ask questions and discover resources
available to support you.

Explore
Learn
Connect
Thrive

REGISTER FOR FOOD, GIFT, MASSAGE & HEALTH SCREENING!

To receive a participant gift, enjoy lunch, reserve a 5-minute chair massage, and participate in the health screening, you must register in advance.

COMPLETE AND SUBMIT YOUR REGISTRATION BY
12:00 NOON • FRIDAY, OCTOBER 2

CLICK THE
REGISTRATION
LINK IN THE
EMAIL
TO REGISTER



YOUR PASSPORT DESTINATIONS



FOOD STOP



Old City BBQ

Choose your meal
when you register!

- Pulled Pork Sandwich
- Smoked Brisket Sandwich
- Smoked Chicken Sandwich
- Portobello Mushroom Sandwich (Vegetarian)



RELAX & RECHARGE



5-Minute Chair Massage Provided by Blackwell Selfcare

Advance registration
is required.
Appointments are limited.



SWEET TREAT STOP



Enjoy a Sweet Frog frozen yogurt treat!

Make your selection
when you register.



REFRESH & RECHARGE



IMPRESSIVE Juice Bar

Stop by for a fresh juice sample!

Select the juice option
when you register.
Samples available
while supplies last.



HEALTH & WELLNESS



Sentara Complimentary Health Screenings

- Blood Pressure
- Total Cholesterol
- HDL
- A1c
- Body Mass Index
- Tobacco Cessation
- Physical Activity Screening

Advance registration
is required.



PICK UP YOUR PASSPORT & ENTER TO WIN!

Registered employees will receive a free participant gift at check-in and a Passport to Benefits.

Visit participating benefit partners, ask questions and collect stamps along the way. Turn in your completed passport at the Benefits check-in table for entry into our prize drawings.

★ PRIZE DRAWINGS ★

10:00 a.m. | 11:00 a.m.
12:00 noon | 1:00 p.m.
2:00 p.m.



DIDN'T REGISTER? YOU CAN STILL JOIN THE JOURNEY!

Even if you don't register by the deadline, you are still welcome to visit the benefit vendor tables, ask questions and explore available resources.

Please remember that registration is required for the participant gift, food selections, 5-minute chair massage and health screening.

City of Hampton

EMPLOYEES. TODAY. TOMORROW. TOGETHER.

Your Benefits Journey Starts Here!

