

Wellness in the Workplace



May 2017

Free lunch at the GE Family Wellness Center

May 10th, 12:00p.m. - 12:45p.m.

Join us and enjoy a healthy meal prepared by our Registered Dietitian, Hannah Griswold. The demos allow you to see, taste and learn with an emphasis on healthy technique and fresh ingredients. One of our onsite wellness providers will also join to share a quick presentation, topics will vary. Registration for each cooking demonstration is required due to limited seating. Register by emailing Emily.swisshelm@ge.com or call 513-243-3083.

HealthAhead Day in Evendale

May 17th 10:00am-1:00pm & 3:00pm-5:00pm

GE employees: Join us in the parking lot next to gate 50 for our annual HealthAhead Day celebration. Enjoy a healthy snack and learn about the different health and wellness resources available onsite and through your GE health benefits. Take our HealthAhead survey to receive a tee-shirt as well!

Jet Power 5k Obstacle Course Challenge

May 19th 10:00am-1:00pm & 3:00pm-4:00pm

Join us for our 3rd annual Jet Power Obstacle Course challenge. This event has earned rave reviews from those who have participated— a great teaming opportunity for work groups, a fun event for coworkers, and a great addition to the Jet Power 5K events. Register here: <http://surveys.ge.com/create/114436> or call Emily Swisshelm 513-243-3083.

[Are you looking for low cost teaming event?](#) Contact us about scheduling a cooking class with registered dietitian Hannah Griswold at the GE Family Wellness Center. Call 513-243-0719 for details.

Optum Live and Work Well Series

“The Importance of the Family Bond” Learn to deal with a difficult family relationship.

Presentation will be led by Mary Jo Butler Fingerhut, MSW, LISW-S, your Live and Work Well Specialist. Lunch will be provided when you RSVP to Mary.ButlerFingerhut@ge.com

	1 st Shift = 10:30a-11:30a	2 nd Shift = 7:00p-8:00p	3 rd Shift = 11:30a-12:30a
Wednesday, May 9	302 M classroom		
Wednesday, May 10	500 DMO Mezz G25	700 MIC Room Db2	
Wednesday, May 17		500 DMO Mezz G25	700 MIC Room Db2
Thursday, May 31	800 Auditorium		

Interested in non-surgical weight loss?

Work with our weight loss team to meet your weight loss goals. Resting metabolic rate testing optional (\$21.00 cost). To register, email Emily.Swisshelm@ge.com.

GE Fitness Center

Managed by  TriHealth

GE Family Wellness Center

Managed by  TriHealth