

Wellness in the Workplace



Dermatology appointments are available September 6th at the GE Family Wellness Center. Schedule your appointment by calling (513)853-8900.



Gynecological services are available onsite September 17th at the GE Family Wellness Center. Schedule your appointment with Dr. Horn by calling (513)853-8900.



The GE Fitness Center has a wide variety of classes to meet all of your needs. If you prefer a high intensity, station styled class, check out one of these: Power Fit, Define, or Sculpt.

Power Fit	Tuesday/Thursday	6:00a.m.
Define	Tuesday	11:45a.m.
Sculpt	Thursday	11:45a.m.



Fitness for Mom

Whether you are 3 months post-partum or 3 years, we want to work with you to help you reach your fitness goals. Call the GE Fitness Center to schedule a free fitness consultation (513)243-9404.

Optum Live and Work Well Series: Balancing Expectations

Identify stressors and building resilience. Mary Jo Butler Fingerhut, MSW, LISW-S, your Live and Work Well Specialist, provides content for these sessions.

	1 st Shift = 10:30a-11:30a	2 nd Shift = 7:00p-8:00p	3 rd Shift = 5:00a-6:00a
Wed. Sept 5	302 M Classroom		
Wed. Sept. 12	500 DMO Mezz G25	500 DMO Mezz G25	
Tues. Sept. 18			700 MIC Room
Wed. Sept. 19	700 MIC Room	700 MIC Room	
Wed. Sept. 26	800 Medical Bb5		



Hannah's Healthy Farmacy:

Your go to site for nutrition advice, tips, and healthy recipes. To schedule a free consultation with Hannah, contact the GE Family Wellness Center at (513)853-8900.

