

Wellness in the Workplace



Optum Live and Work Well Series

Recognizing Healthy Limits: Each day in the US, 2,500 teenagers abuse a prescription pain medication for the first time. One in nine heroin deaths across the US happen in Ohio.

Each presentation will be led by Mary Jo Butler Fingerhut, MSW, LISW-S, your Live and Work Well Specialist. RSVP to Mary.ButlerFingerhut@ge.com

	1 st Shift = 10:30a-11:30a	2 nd Shift = 7:00p-8:00p	3 rd Shift = 11:30p-12:30a
Wed. March 6	800 auditorium		
Wed. March 7	302 M classroom	700 MIC Room Db2	700 MIC Room Db2
Wed. March 8	700 MIC room Db2		
Wed. March 28	500 DMO Mezz G25	500 DMO Mezz G25	



Dermatology appointments available Thursday, March 8th at the GE Family Wellness Center. Call (513)853-8900 to schedule.



FREE biometric health screenings coming in April

Register for your health screening appointment by visiting: hsscreeningreg.com

Login: aviation

Password: evendale

Evendale health screenings in Bldg. 800 auditorium

April 3, 4, & 5 from 5:30a-10:30a (2:30p-5:30p Wed only)

North Pointe health screenings North Pointe 1 Global & Command C/R

April 17, 18, & 19: 6:00a-10:00a

Join Us! Freestyle swim clinics, March 19-31

You must be a fitness center member to participate.

Please sign up at the fitness center by Friday, March 16.

Join Us! In-plant yoga in Building 90 America's C/R, February 27—April 17

8-week class occurring every Tuesday at 4:00p.m.

Mats and yoga accessories are provided in class.



GE Fitness Center

Managed by  TriHealth

GE Family Wellness Center

Managed by  TriHealth