

# Wellness in the Workplace

# October 2018



Dermatology appointments are available October 11th at the GE Family Wellness Center. Schedule your appointment by calling (513)853-8900.



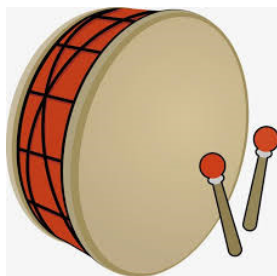
Obstetric and Gynecological services are available onsite October 10th, 19th, & 30th at the GE Family Wellness Center. Schedule your appointment by calling (513)853-8900.



Free flu shots will be available to GE employees, employee spouses, dependents, and retirees during the month of October.

Monday, October 15 <sup>th</sup>	GE Fitness Center	6 a.m. – 4 p.m.
Thursday, October 18 <sup>th</sup>	Building 800 Auditorium	7 a.m. – 11 a.m.
Friday, October 19 <sup>th</sup>	GE Fitness Center	6 a.m. – 4 p.m.
Monday, October 22 <sup>nd</sup>	GE Fitness Center	8 a.m. – 5 p.m.
Wednesday, October 24 <sup>th</sup>	GE Fitness Center	3 p.m. – 7 p.m.
Tuesday, October 30 <sup>th</sup>	GE Family Wellness Center	8 a.m. – 12 p.m.

For more information, call the GE Wellness Family Pharmacy: (513)853-8999 or stop at the front desk of the GE Fitness Center.



**Drumming patterns have shown to help with confidence, thinking patterns, stress & anxiety relief, emotional & spiritual healing, and chronic pain relief.** Sponsored by the GE Women's Network, join us for a Health Rhythms session and leave with new stress management techniques.

October 12th at the GE Fitness Center  
12:45p.m.—1:45p.m.

To register: <http://surveys.ge.com/create/420380>

**GE Fitness Center Membership not required to participate**

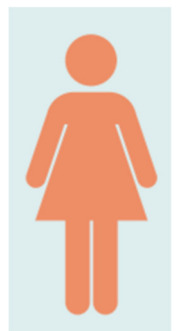
GE Fitness Center  
Managed by TriHealth

GE Family Wellness Center  
Managed by TriHealth

HealthAhead  
GE for Me

## ATTENTION LADIES:

**Do you have issues when you jump, sneeze, or laugh? This could be a sign of pelvic floor disorder.** Join us to learn more! Physical Therapists, Lisa Johnstone & Dr. Jessica Iams will discuss pelvic floor disorders and instruct on exercises that can help strengthen pelvic floor muscles and control.



**Wednesday, October 3rd at 12:45p.m.**  
GE Fitness Center Fitness Studio  
Register here: <http://surveys.ge.com/create/418434>