

# Wellness in the Workplace

September 2017

## TriHealth Specialty Programming: Fitness Consultations

Join the GE Fitness Center and improve your physical wellbeing. Our team of experts can work with you one on one to meet your fitness goals through condition & goal specific fitness planning.

\$15/month, no contracts, no joining fees. We would love to be your gym of choice. Please give us a call (513)243-9404.



Dermatology appointments are available at the GE Family Wellness Center on [September 7th](#). To schedule an appointment, call 513-853-8900.

## Optum Live and Work Well Series

### Balancing Expectations: Identifying stressors and building resilience

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](mailto:Mary.ButlerFingerhut@ge.com)

	1 <sup>st</sup> Shift = 10:30a-11:30a	2 <sup>nd</sup> Shift = 7:00p-8:00p	3 <sup>rd</sup> Shift = 11:30p-12:30a
Wednesday, Sept. 6	302 M classroom		
Wednesday, Sept. 13	500 DMO Mezz G25	700 MIC Room Db2	
Wednesday, Sept. 20	500 DMO Mezz G25		700 MIC Room Db2
Wednesday, Sept. 27	Building 800 Auditorium		



### Mobile Mammography at the Banks; September 28th, 8a-11:30a

To schedule an appointment, visit [generalelectric.com/trihealthmobile.timetrade.com](http://generalelectric.com/trihealthmobile.timetrade.com) or 513-569-6565.



### GE Fitness Center Rowing Machine Challenge

With the kids going back to school, here's a fun challenge to help you transition from summer to fall activities. Starting August 21 through September 22, the GE Fitness Center's Rowing Machine Challenge will take you to GE Aviation sites across the US, with Victorville, CA being the farthest at 105,050 meters. How far will you row? Open to all levels of rowers from beginner to elite. Our trainers will show you the proper rowing technique and help you incorporate this total body exercise into your workout. Sign up at the front desk, or call Lyndsay Skinner at 243-9404 for more information.



### September is National Cholesterol Education Month

Take action this month! This is a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. If you would like a FREE lipid finger stick screening, please call (513)853-8900 to schedule and ask for an appointment with the Personal Health Advisor.

GE Fitness Center

Managed by TriHealth

GE Family Wellness Center

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