

Wellness in the Workplace

August 2017



TriHealth Specialty Programming: Resting Metabolic Rate Testing

- Are you frustrated at failed attempts to lose weight?
 - Are you facing a weight loss plateau?
- Do you need help maintaining weight loss once you reach your goal weight?

Call (513)853-8900 to schedule your 1 hour resting metabolic rate test with the Personal Health Advisor.

Each test has a \$20 fee to cover the cost of the necessary disposable mouthpiece, which can be purchased at the GE Family Wellness Center Pharmacy.



Dermatology appointments are available at the GE Family Wellness Center on [August 10th](#). To schedule an appointment, call 513-853-8900.

Optum Live and Work Well Series

Raising children able to overcome emotions: Caring for children with anxiety and other mental disorders.

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 = 11:30a-12:30a
Wednesday, Aug. 2	302 M classroom		
Wednesday, Aug. 9	500 DMO Mezz G25	700 MIC Room Db2	
Wednesday, Aug. 16	Bldg. 800 Auditorium	500 DMO Mezz G25	700 MIC Room Db2
Wednesday Aug. 23	700 Idea Zone B3		



Mobile Mammography appointments available Aug. 8th, 7:30a-2:00p. Call (513)686-3300 to schedule.

GE Healthcare Pristina Van will be onsite in Evendale August 24th. Come tour the Pristina van, see the new technology, and learn about cutting edge breast care and screening technologies. The van will be located near the GE Family Wellness Center in the 800 building parking lot and tours will occur between 5:30a-6:30a, 10:00a-1:00p, & 2:30p-4:30p.



Join us for VPP Safety Day, August 10th, in the Learning Centre. Vendors will be onsite to share the newest workplace safety technologies and equipment. Your TriHealth team will be onsite to provide chair massage and health and resource education.



One blood donation can save 3 lives!

Evendale Blood Drive, August 25th, 10:00a-4:00p. To schedule an appointment visit www.hoxworth.org/groups/ge

GE Fitness Center

Managed by TriHealth

GE Family Wellness Center

Managed by TriHealth