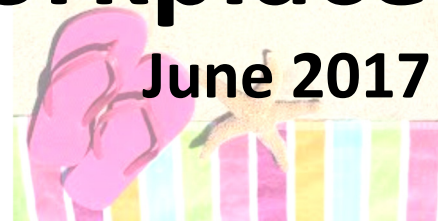


Wellness in the Workplace

June 2017



Free lunch at the GE Family Wellness Center

June 14th, 12:00p - 12:45p

Join us and enjoy a healthy meal prepared by our Registered Dietitian, Hannah Griswold. The demos allow you to see, taste and learn with an emphasis on healthy technique and fresh ingredients. One of our onsite wellness providers will also join to share a quick presentation; topics will vary. Registration for each cooking demonstration is required due to limited seating. Register by emailing Emily.swisshelm@ge.com or call 513-243-3083.

Are you looking for a low cost teaming event? Contact us about scheduling a cooking class with registered dietitian Hannah Griswold at the GE Family Wellness Center.

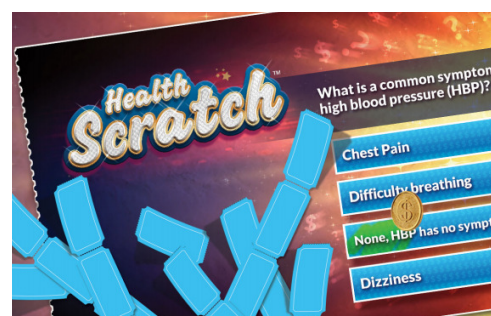
Call 513-243-0719 for details.

Register for EdLogics and WIN!

With fun, engaging games– and real rewards– EdLogics will transform the way you learn about your health. The more you play, the better your odds of winning!

Register today:

Go to healthahead.edlogics.com/account/register
(GE Aviation employees only)



Optum Live and Work Well Series

Mind Over Money: Skills for overcoming financial stress

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, June 7	302 M classroom		
Wednesday, June 14	500 DMO Mezz G25	700 MIC Room Db2	
Wednesday, June 21		500 DMO Mezz G25	700 MIC Room Db2
Thursday, June 22	700 Idea Zone B3		
Wednesday, June 28	800 Auditorium		

Hoxworth Blood Drive

June 15th, 10:00a – 4:00p

One blood donation can save 3 lives! Register to donate: www.hoxworth.org/groups/ge or call 513-451-0910.

GE Fitness Center

Managed by TriHealth

GE Family Wellness Center

Managed by TriHealth