

Your Wellness at Work

Cancer Protective Services



Genetic Counseling — GE Aviation employees and spouses can meet with a genetic counselor for free. If you qualify based on your family history, you can also choose to have genetic testing done at no cost. Call 513-853-8900 to schedule or for more information.



GE Family Wellness Center

Managed by TriHealth



Cancer Protection through Nutrition — You can meet with our Registered Dietitian, Hannah Griswold, at the GE Family Wellness Center or GE Fitness Center to discuss a cancer protective diet. Consultations with Hannah are free. Call 513-853-8900 to schedule.



If you and your work team are interested in cooking in the demo kitchen for a teaming event, Hannah can develop a cancer protective menu for your team. Cost is minimal for this event. We only charge for the cost of food.



Cancer Protection through Lifestyle Change — Meet with our Personal Health Advising team to develop healthy habits in your life. Consultations with the Personal Health Advising team are free. Call 513-853-8900 to schedule.



Exercise Therapy at the GE Fitness Center

Have you recently completed physical therapy but still need a little bit of guidance and direction toward full recovery? Contact the GE Fitness Center in Evendale to schedule an exercise therapy consult free of charge.

GE Fitness Center

Managed by TriHealth



Nutrition's Impact on Mood Disorders

Tuesday, May 28th in the Learning Centre Moss Hall

Lunch served in Runway Café at 11:30a.m. (must RSVP via link below)

Presentation runs 12:00p.m. – 1:00p.m.

(Skype link also available if you cannot attend in person.)

<http://surveys.ge.com/create/451620>



For access to the recorded presentation if you miss the event, email Nancy.Kolb@ge.com

Celebrating **10** HealthAhead
Years