

# Wellness in the Workplace

November 2017

## Specialty Programming: Cancer Navigator Program

**Cancer Navigator** is a free, confidential resource now available through the GE Family Wellness Center. It's open to Cincinnati-area GE Aviation employees and family members on Health Benefits or Health Choice, and represents the first program of its kind in all of GE. **To access this program please call the GE Family Wellness Center (513)853-8900 or Health Coach 1-866-272-6007. This program features:**

1. Access to a personal nurse cancer navigator
2. Free second opinion on your pathology from The James (The Ohio State University) pathologists
3. Free second opinion on your treatment plan from the experts at The James

### Optum Live and Work Well Series

#### Managing workplace frustrations: Learning how to communicate concerns and maintain relationships

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, Nov. 1	302 M classroom		
Wednesday, Nov. 8	500 DMO Mezz G25	700 MIC Room Db2	
Wednesday, Nov. 15		500 DMO Mezz G25	700 MIC Room Db2
Thursday, Nov. 16	700 Idea Zone B3		
Wednesday, Nov. 22	Building 800 Auditorium		



Free yoga every Thursday, 10:45-11:30 a.m. Bldg. 700 Basement, Column FA 7 2/3, and 3:30-4:30 p.m., Bldg. 90 Americas Room. Learn how to balance your body, mind, and energy through gentle stretches, breathing, and strengthening exercises. Class is appropriate for all fitness levels – beginners encouraged!

Mats provided; loose clothing recommended. No registration required.

Sponsored by the GE Fitness Center and HealthAhead.

Call the Fitness Center at (513)243-9404 with questions.



**Dermatology appointments are available at the GE Family Wellness Center on November 2nd and December 7th. To schedule an appointment, call (513)853-8900.**



Evendale Blood Drive, November 17th, 10:00a-4:00p. To schedule an appointment visit [www.hoxworth.org/groups/ge](http://www.hoxworth.org/groups/ge) OR call (513)451-0910.



Mobile Mammography at North Pointe  
Tuesday, November 14th; 8:00a— 12:00p  
To schedule, call (513)569-6565



There is still time to get your flu shot. Stop by the GE Family Wellness Center pharmacy to receive your shot. No appointment necessary. **Shots available while supplies last.** If you have questions, call (513)853-8999. Monday—Friday 8a—6p

GE Family Wellness Center

Managed by TriHealth

GE Fitness Center

Managed by TriHealth