

2004 Healthfest Month

BNL's Bigger and Better Celebration of Health, Fitness, and Safety!

Friday, October 1

11 a.m. – 2 p.m.

Safety First on the 1st – at the BNL Firehouse, Bldg. 599. See safety demonstrations, including the proper use of fire extinguishers, how to deal with a stove fire, and a mock smoke situation, ergonomics for the home and office, home security, bicycle safety, and more. Get your "This is Why I Work Safely" badge by bringing a photo that can be cropped to 1.5" by 1.5" of someone or something that serves as a reminder of why you work safely. Sponsored by the Emergency Services Division, Safeguards & Security Division, and Environment, Safety, Health & Quality Directorate.

Monday, October 4

11 a.m. – 2 p.m.

Laugh at Lunchtime – in the Berkner Hall auditorium, Bldg. 488. Relax, bring your lunch, and enjoy some funny videos!

Wednesday, October 6

11:45 a.m. – 12 noon

Aerobic Stretch – at the Science Education Center, Bldg. 438. For information, call Pat Flood, Ext. 7886.

12 noon – 1 p.m.

Fitness Walk – 2-mile walk with your co-workers at your own pace, starting at the Science Education Center, Bldg. 438, and going to the National Weather Service and back. Participants will receive a 2004 Healthfest t-shirt (supplies are limited). To register, complete the form on the other side of this flyer.

Thursday, October 7

11 a.m. – 2 p.m.

Massage Day – at Berkner Hall, Bldg. 488. Enjoy a 10-minute massage by a licensed massage therapist, by appointment only. To schedule a massage, complete the registration form on the other side of this flyer.

Tuesday, October 12

11 a.m. – 2 p.m.

Cooking Demonstration by FLIK International – at Berkner Hall, Bldg. 488.

Wednesday, October 13

11 a.m. – 2 p.m.

Health Screening Day – at OMC lobby, Bldg. 490. Blood pressure, cholesterol, body composition, and diabetes screenings are available on a first-come, first-serve basis. Cholesterol screening is limited to approximately 50 people.

Thursday, October 14

11 a.m. – 2 p.m.

Health, Fitness & Safety Fair – at Berkner Hall, Bldg. 488. Displays, information, drinking-water taste-testing, home-water sample-testing, free raffles, and much more.

Friday, October 15

12:05 – 1 p.m.

Fitness Run – 5-kilometer (3.1 mile) run around the site, starting at Biology, Bldg. 463. Participants will receive a 2004 Healthfest t-shirt (supplies are limited). To register, complete the form on the other side of this flyer.

Tuesday, October 19

11 a.m. – 2 p.m.

Fitness Day – All of the activities below are free. Just bring a towel.

12 noon – 1 p.m.

Gym and Pool Open House – at the Gym and Pool complex, Bldg. 478.

5:15 – 6:30 p.m.

Jazzercise Class – at the Recreation Hall, Bldg. 317. Bring your own mat.

5:15 – 6:15 p.m.

Aerobic Exercise Class – at the Recreation Hall, Bldg. 317.

5:15 – 6:15 p.m.

Kick-Boxing Class – at the Gym, Bldg. 478.

6:30 – 7:30 p.m.

Aqua Aerobics Class – at the Gym, Bldg. 478.

Jui-Jitsu Demonstration – at the Gym, Bldg. 478.

Wednesday, October 20

11 a.m. – 2 p.m.

Fitness Day – All of the activities below are free. Just bring a towel.

11:30 a.m. – 1:30 p.m.

Gym and Pool Open House – at the Gym and Pool complex, Bldg. 478

12 noon – 1 p.m.

400-Yard Swim – at the Pool, Bldg. 478. You must be 18 or older to participate.

12 noon – 1 p.m.

Participants will receive a 2004 Healthfest t-shirt (supplies are limited).

5:30 – 6:30 p.m.

Reiki Healing – at the Recreation Hall, Bldg. 317.

Yoga Class – at the Brookhaven Center, Bldg. 30. Bring your own mat.

Pilates Class – at the Recreation Hall, Bldg. 317. Bring your own mat.

Friday, October 22

12 noon – 1 p.m.

Mountain Bike Ride – 8-mile ride, with a 5-mile alternate route, along BNL's fire-breaks. Starting point is at the gazebo next to the ball field. Bring your own bike; bike helmet required. Participants will receive a 2004 Healthfest t-shirt (supplies are limited). To register, complete the form on the other side of this flyer.

Thursday, October 28

12 noon – 1 p.m.

Stress Management for Busy People – in the Hamilton Seminar Room, Bldg. 555. A seminar by BNL's EAP Manager Linda Daniels, Psy.D., of CIGNA Behavioral Health.



2004 Healthfest Month

BNL's Annual Celebration of Health, Fitness & Safety Has Just Gotten Bigger and Better!

This year, we have expanded BNL's annual health, fitness and safety celebration from one week to the entire month of October. Therefore, we invite you to participate in an expanded range of events and activities, all of which are described in more detail on the reverse side of this flyer.

During this year's Healthfest, we once again encourage you to take responsibility for your personal health, fitness and safety. To do so, we encourage you to take part in Healthfest raffles, health screenings, safety demonstrations, fitness events, and the ever-popular health, safety and fitness fair. The many exhibitors attending this year's one-day health, safety and fitness fair are listed below.

We look forward to seeing you and your co-workers throughout October at Healthfest 2004!

Sincerely yours,

Michael Thorn and Denise DiMeglio

of the Human Resources-Occupational Medicine Division,
co-chairs of Healthfest 2004

FAIR EXHIBITORS

Aetna
Alzheimer's Association of Long Island
American Diabetes Association
American Express Financial Advisors
American Liver Foundation
Benefits Office
BERA/Recreation
CIGNA Healthcare
Community, Education, Government & Public Affairs
Curves
Davis Vision
Diversity Office
Employee Assistance Program
Environment & Waste Mgmt Services Division
Fidelity Investments Tax-Exempt Services
General Vision Services
HIP Health Plan of New York
Long Island Blood Services
Long Island Groundwater Institute
LIPA
National Cancer Institute
National Multiple Sclerosis Society
National Vision
NY State Organ & Tissue Donor Registry
Response of Suffolk County
Social Security Administration
Suffolk County Coalition Against Domestic Violence
Suffolk County Department of Health
Suffolk County District Attorney's Office
Suffolk County Office of the Aging
TIAA-CREF
U.S. Coast Guard Auxiliary
United Way of Long Island
The Vanguard Group
Vytra Health Plans
Water Treatment Facility of the Plant Engineering Division
Weight Watchers of Suffolk

HEALTH SCREENINGS courtesy of

CIGNA: body composition
HIP Health Plan of NY & Aventis Pharmaceuticals: diabetes
Occupational Medicine Clinic: blood pressure
Vytra & Corporate Wellness Consultants: cholesterol

MASSAGE provided by

Louanne Abelquist, LMT, of A Gentler Life, Inc.
Peter Arebalo, LMT, of Golden Lotus Massage Therapy
Nicole Bernholc, LMT of Safety & Health Services Division
Kathleen Devine, LMT, of Healing Massage Therapies
Susan Safari, LMT

SAFETY FIRST ON THE 1st offered by

Emergency Services Division
Environment, Safety, Health and Quality Directorate
Safeguards & Security Division

FITNESS ACTIVITIES AND OPEN HOUSE provided by

Quality of Life/BERA/Recreation Office

APPLES for the athletic events provided by

FLIK International (BNL Cafeteria/food service)

WATER STATIONS for the athletic events provided by

Water Treatment Facility of the Plant Engineering Division
Community, Education, Government & Public Affairs Directorate

Healthfest 2004 is sponsored by Brookhaven Science Associates

which manages and operates Brookhaven National Laboratory for the U.S. Department of Energy



2004 Healthfest Registration Form

Name _____ Bldg. _____

Life # _____ E-mail _____ Ext. _____

_____ Fitness Walk	Wednesday, October 6	12 noon – 1 p.m.
_____ Massage	Thursday, October 7	11 a.m. – 2 p.m. (OMC will contact you to schedule an appointment)
_____ Home-Water Testing	Thursday, October 14	11 a.m. – 2 p.m. (bring a water sample from home in a quart-sized glass jar)
_____ Fitness Run	Friday, October 15	12:05 – 1 p.m.
_____ Bike Ride	Friday, October 22	12 noon – 1 p.m. (remember your mountain bike and wear a helmet)

Please send your completed form to Michael Thorn, Bldg. 490.