Movement is Life

HEALTHFEST '15

BROOKHAVEN NATIONAL LABORATORY

Celebrate Healthfest 2015! The BNL community is invited to participate in our annual month of health, safety and wellness events. There is something for everyone!

Register at http://intranet.bnl.gov/healthfest

October 2015

Monday Oct. 5	**2 Mile Site-wide Walk** 12 pm-1 pm (Rain date: Tuesday, October 6). Pre-registration is required at the web link. Meet at Bldg. 438 on Brookhaven Ave. The route is to the Weather Station and back. Please contact healthfest@bnl.gov if any questions.
Tuesday Oct. 6	**Health Screening** 11 am-2 pm Bldg. 488 Lobby (Limited to BSA & BHSO employees). Please contact healthfest@bnl.gov if any questions.
Tuesday Oct. 6	**Table Tennis Open + Women's Championship (all levels)** 5 pm-8 pm Bldg. 317, Recreation Hall. To register, please email Mike McGuigan at mcguigan@bnl.gov.
Tuesday, Oct. 13	**Table Tennis Doubles Championship (all levels)** 5 pm-8 pm Bldg. 317, Recreation Hall. To register, please email Mike McGuigan at mcguigan@bnl.gov.
Friday, Oct. 16	**HealthFest 5k Run (rain or shine)** 12:00 pm-1:00 pm. Pre-registration is required at the web link, but day-of-race registration will be available if needed. *NOTE NEW START LOCATION - Renaissance & Rutherford Rds. Please contact healthfest@bnl.gov if any questions.
Friday, Oct. 16	**400-Yard Swim** 11:30 am-2:00 pm Bldg. 478 Pool. Organized by the BERA Swim Club
Monday, Oct. 19	**HealthFest Talk: Making Longevity Happen: Living Healthier and Longer, Speaker: Janine Valentiner.** 12:00 pm-1:00 pm Bldg. 488 Room B. Please contact hughes@bnl.gov, if any questions.
Mon-Fri, Oct. 19-23	**Free Trial BERA Classes** Try out the many classes that are offered on-site for free or a modest fee. For more information, go to www.bnl.gov/bera
Tuesday, Oct. 20	**Open House** 11:30 am-1:30 pm Bldg. 461 & 478. Guided tour of the Gym, Weight Room, and Pool. A great opportunity to ask questions and find out how you can participate!
Tuesday, Oct. 20	**Table Tennis Premier Singles Championship—Intermediate men & women** 5 pm-8 pm Bldg. 317, Recreation Hall To register, please email Mike McGuigan at mcguigan@bnl.gov.
Wednesday, Oct 21	**Demonstration and Display of Ergonomic Sit/Stand Workstation** 12:00 pm-1:00 pm Bldg. 488 Upper Lobby. Please contact Fred Horn at horn@bnl.gov if any questions.
Wednesday, Oct. 21	**10-Minute Massage by Licensed Massage Therapist** 11 am-2 pm Bldg. 488 Room B. Pre-registration is required and space is limited. Email healthfest@bnl.gov to register for this activity (limited to BSA & BHSO employees).
Wednesday, Oct. 21	**800 Yard Swim/Biathlon** 11:30 am-2:00 pm Bldg. 478 Pool. Organized by the BERA Swim Club. Swim 800 yards as part of the Split Biathlon or just get a great workout.
Wednesday, Oct. 21	**Intro to Weight Watchers by Weight Watchers instructor.** 12:00 pm-1:00 pm Bldg. 488 Lobby by Cafeteria
Tuesday, Oct. 27	**Table Tennis Masters Championship – Expert level men & women.** 5 pm – 8 pm Bldg. 317, Recreation Hall. To register, please email Mike McGuigan at mcguigan@bnl.gov.
Thursday, Oct. 29	**HealthFest Bike Ride** 12:00 pm-1:00 pm. Pre-registration is required at the web link. RHIC Circle 1005. BYO bike & a helmet is required. Contact gwelch@bnl.gov for questions

*** Every Tuesday in October we welcome you to sit in on our Weight Watchers program!**

The information about the cost / products, etc., will take place on Wednesday, October 21st when they have their table set up over in Berkner.