

THE PORCELAIN PRESS

January, 2011 - Weeks 1 & 2

Special Points of Interest

- Employee Assistance Program: See WDRS website, left hand side "Diversity/EEO/EAP" pull down or <http://wdrs.fnal.gov/eo/eap.html>.
- Wellness Calendar of Programs: See WDRS website, left hand side "Wellness" pull down.
- Wellness Office Hours
Wilson Hall 15 West,
Monday through Friday
8:00 a.m. to 5:00 p.m.

ES&H Concern or Suggestion?

- Talk to your Supervisor or SSO or submit ideas from the ES&H homepage by clicking on 'Concerns & Suggestions'.

Post Holiday Blues

The holidays are over, it is cold outside, you've put on a few pounds and it gets dark each day before you know it. It is enough to make even the optimist a bit morose. How can you get out of the winter/post holiday blues? Exercising, stretching, meditating and eating healthy can help improve your mood and your health. The lab has programs to assist you in those efforts in the Workforce Development and Resources Section (WDRS). Programs can be found on the WDRS website and equipment available at the gym is listed below.



Sometimes we all need more help. The Employee Assistance Program provides professional, confidential help to all employees and their immediate family (spouse or child). The counselor is on site on Wednesdays from 9:00 to 5:00 and there is a counselor ready and able to help by calling 1-800-843-1327 twenty four hours a day/seven days a week. The on site counselor is Virginia Stack and she can be reached at vstack@fnal.gov or 630-840-3591. You may also log in at www.horizoncarelink.com. The login is Fermilab and the password is eap. Horizon Healthcare is our provider for this benefit.

WDRS Wellness Office

Fermilab provides vital services to laboratory employees and users in support of health and fitness. The multipurpose gymnasium in the village includes:

- Locker rooms/showers
- Basketball
- Periodic classes
- Rowing Machines
- Soccer
- Versa climber
- Stairmasters
- Treadmill
- Multi-station Machine
- Free Weight Area
- Exercise Bikes
- Elliptical Machine
- TV/VCR Exercise tapes
- Aerobic/Exercise Room
- Weight Room
- Volleyball
- Mats/Steps
- Tennis

Gym memberships, equipment orientations and facility tours can be arranged through the Wellness Office at x2548. Free trial gym memberships are available. A listing of current programs that are available can be found on bulletin boards around site.

Free Weekly Wellness Classes

Qigong, Mindfulness & Tai Chi Easy® classes are ongoing at Fermilab. These are great ways to exercise, stretch, meditate, and experience healing and the art of movement. The objective is to help you:

- Reduce physical and mental stress.
- Increase flexibility and balance.
- Encourage a balanced state of being.

"I've been doing these practices for years now, and was surprised at how quickly they made a difference," Seton Handville, Center for Particle Astrophysics. For more information, contact Seton at shandvi@fnal.gov or call X2152.

