



2008 HEALTHFEST MONTH

BNL'S CELEBRATION OF HEALTH, FITNESS AND SAFETY

OCTOBER

Welcome to BNL's annual Healthfest Month. During the month of October, the Laboratory has many events to promote health, fitness and safety. Refer to the calendar on the other side of this flyer for dates, times and registration requirements. New exhibitors for the Healthfest Fair include the Wading River Fire Department (smoke, fire and wind simulator), Saf-Gard Safety Shoe Company, Aereo Technologies (safety glasses), Vision Care Program - Walmart, and BNL's Human Performance Improvement Initiative.

Bring your co-workers and have fun!

FAIR EXHIBITORS

Aereo Technologies-Safety Glasses*
 Aetna
 Benefits Office
 BERA/Recreation
 BNL's Human Performance Improvement Initiative*
 CIGNA Healthcare
 Community, Education, Government & Public Affairs
 Emergency Services Division
 Employee Assistance Program
 Environmental & Waste Management Services Division
 Fidelity Investments
 HIP Health Plan of New York
 Kenneth Peters Center for Recovery
 Long Island Groundwater Institute

LIPA
 Long Island Transportation Management
 Motorcycle Safety
 Occupational Medicine Clinic
 Safety & Health Services Division
 Saf-Gard Safety Shoe Company*
 St. Charles Hospital Sleep Center
 St. Charles Rehabilitation
 Seafield
 TIAA-CREF
 The Vanguard Group
 Vision Care Program - Walmart*
 Vytra Health Plans
 Wading River Fire Department*
 Water Treatment Facility of the Plant Engineering Division

*new for 2008

MASSAGE PROVIDED BY
 Nicole Bernholz, LMT
 Lisa McDermott, LMT
 Sue Safari, LMT

SCREENINGS FOR THE HEALTH, FITNESS AND SAFETY FAIR COMPLIMENTS OF
 CIGNA Healthcare
 Occupational Medicine Clinic

APPLES FOR THE ATHLETIC EVENTS PROVIDED BY
 Nayyarsons

Healthfest 2008 is sponsored by Brookhaven Science Associates and brought to you by Healthfest co-chairs Michael Thorn and Denise DiMeglio of the Human Resources and Occupational Medicine Division



American Heart Association
 Learn and Live

2008
 PLATINUM
 ACHIEVEMENT

This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------|
| | | | Fitness Walk* 2 miles Time: Noon–1 pm Location: Outside Bldg. 438 | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | Screenings for Depression (all week) Time: by appointment Call: the EAP at ext. 4567 | Seminar: Decreasing Your Carbon Footprint Time: Noon–1pm Location: Berkner Hall Room B | | Table Tennis Tournament Time: 5pm Location: Bldg. 317 | Mountain Bike Ride** 5 or 8 mile routes***** Time: Noon–1pm Location: Gazebo by the Ball Fields | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Free Trial BERA Classes (all week) For more information, go to www.bnl.gov/bera | Open House Location: Gym, Pool and Weight Room Time: 11:30am–1:30pm | Seminar: Arthritis Time: Noon–1pm Location: Berkner Hall Auditorium | Advanced Table Tennis Tournament Time: 5pm Location: Bldg. 317 | Fitness Run*** 5 kilometers (3.1 miles) Time: Noon-1pm Location: Outside Bldg. 463 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | Swim**** 400-yard swim Time: 11am–1:30pm Location: Pool in Bldg.478 | Healthfest Fair Displays, screenings, raffles, drinking water taste testing, home-water sample testing Time: 10:30am–1:30pm Location: Bldg. 400 Lobby | Biathlon Swim**** 800-yard swim Time: 11am–1:30pm Location: Pool in Bldg. 478 | |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| | | |
|------------|-----------------------|------------|
| Raindates: | * Fitness Walk | 10/08/2008 |
| | ** Mountain Bike Ride | 10/15/2008 |
| | *** Fitness Run | 10/24/2008 |

**** Must be 18 or older to participate
 ***** Bring your own mountain bike and helmet

Register online for the events at <http://intranet.bnl.gov/healthfest/>.

If you do not have computer access, contact Michael Thorn at ext. 8612 to register. We encourage you to participate in the Healthfest events. You will receive a Healthfest T-shirt at the athletic events on a first-come-first-served basis.