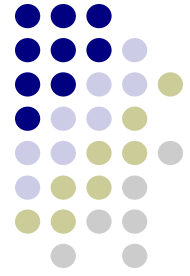


WorkFit Training



This new program is a fun and energizing way to build morale, promote physical activity, and prevent injuries. To help you get your work group started, we have implemented a WORKFIT Leader Training Class once a month at the HAMMER facility.
(20-30 minutes)



**FOR PRESENTATION INFORMATION
CONTACT: 376-3939 or AHEW@ri.gov**

Useful link: <http://www.hanford.gov/amh/Stretch/index.html>



Hanford Occupational Health Services