



2014 Health, Wellness, and Benefits Fair

"Spring Into Health"

Thursday, May 15

9 a.m. – 3 p.m.

Charles Houston Recreation Center

901 Wythe Street

What's New!

The City's Annual Health, Wellness, and Benefits Fair will be held on Thursday, May 15 at the Charles Houston Recreation Center. The theme of this year's fair is "Spring Into Health." If you are considering a new exercise program, interested in healthy cooking ideas, in need of health screenings, or wish to learn more about a health-related topic from a subject matter expert, this year's health fair is the place to be! If you are thinking about breaking out of the "same old, same old" routine, learn something new, change the way you age, take up a new hobby, eat healthier, join an exercise group, etc., you will want to check out some new and lively changes at this year's event!

This year we are showcasing many ways to "Spring into Health!" A Farmers' Market will be onsite for you to purchase local fresh food. Cooking demonstrations throughout the day will give you ideas on how to put those fresh veggies to use! In the gym, enjoy a show that will include a "Drunken Goggles" program by Risk Management, a boot camp exercise class, Yoga and Martial Arts. We will also have a performance by the E.L Haynes Public Charter School Step Team, and the Urban Evolution Parkour group. Back by popular demand is our very own City Manager, Rashad Young, who will lead an exercise class for employees. After your workout you can enjoy a seated massage and have a Maui Wowi Smoothie. See below for more great offerings!

Main Stage/Gym Demonstrations:

Time	Activity
9:30 am – 10:15 am	Risk Management – "Drunken Goggles"
10:15 am – 10:45 am	The Boot Camp
11:00 am – 11:20 am	Yoga

11:30 am – 11:50 am	Potomac Kempo Martial Arts
Noon – 12:20 pm	E. L. Haynes Public Charter School Step Team
12:30 pm – 1:30 pm	Urban Evolution - Parkour
1:30 pm – 2:30 pm	City Manager Step Aerobics

Nutrition Café:

This year’s Nutrition Café will offer 4 different cooking demonstrations to spark your hidden culinary talents. Hopefully, you will be inspired after the experience and will want to create some exciting and nutritious meals for you and your family. The four sessions will feature a healthy breakfast, a mid-morning snack, lunch, and mid-afternoon snack.

Giveaways & Prizes:

While supplies last, employees who attend the event will receive a Welcome Gift Bag when they arrive which includes a lunch pail and reusable plastic cup. Employees will be eligible to win prizes for their participation in exhibits, health screenings, seminars, and other scheduled activities. There will also be many other health and wellness prizes to give away throughout the event.

Health & Wellness Opportunities and Blood Drive:

Some of this year’s screenings will be conducted on the Kaiser Permanente Mobile Health Van and new screenings include oral health, glaucoma testing, posture and vein scans. A chiropractor and acupuncturist will be conducting demos within their booths. Also new this year is an opportunity to give blood at the American Red Cross Blood Station.

Wellness Presentations:

<u>Time</u>	<u>Topic</u>
9:00 am – 9:30 am	“Are you eating healthy ... Are you open to feeling fabulous at any age?”
10:00 am – 10:45 am	“Stress and Your Waistline”
11:00 am – 11:45 am	“Financial Wellness, Estate Planning”
Noon – 12:30 pm	“Lower Leg Vein Health – Do You Have Healthy Veins?”
12:40 pm – 1:15 pm	“Affordable Care Act – 101”
1:30 pm – 2:15 pm	“Posture and Health – What’s the Connection?”

Benefits Informational Sessions:

The City's Annual [Open Enrollment Period](#) is scheduled for May 9 - 24. During this period, a series of informational meetings will be held at various worksites throughout the City. The City's benefits representatives will be available to answer your questions about current and new plans. The Informational meeting at the Health Fair will begin at 10:30 a.m. in the Seniors Room and will continue throughout the day for both active employees and retirees.

Employee Participation

Employee attendance is *strongly* encouraged and the fair will have several new activities that are designed to promote greater employee participation. City Manager Rashad Young has once again authorized a "dress down" day so City employees can comfortably engage in fitness demonstrations, health screenings, and exhibitor activities. Employees who are unable to dress casually at the office are encouraged to bring a change of clothes and sneakers so they are able to take advantage of all activities at the Health Fair. City employees who wish to attend the fair must receive permission from their supervisors, but supervisors are urged to provide adequate time for interested employees to participate in the fair for a portion of the day, if operational demands permit. Employees are *not required* to use annual leave to attend the fair.

Transportation

Employees will not be able to park in the Charles Houston Recreation Center parking lot or the immediate block surrounding the Center, as these spaces are reserved for the general public and exhibitors at the fair. Due to parking limitations, the City will provide shuttle bus services for employees to travel from City Hall, Lee Center, T&ES, Police Headquarters, and DCHS (2525 Mt. Vernon Avenue) to the Charles Houston Recreation Center. Review the [Shuttle Bus Schedule](#) for detailed route information. Employees who choose to drive to the fair are encouraged to carpool and are reminded that street parking in adjacent neighborhoods is time restricted and extremely limited.

