

WELLNESS

SPRING BOOK FAIR

Tuesday: March 31: 10am - 3pm
Wednesday: April 1: 8am - 2pm
Wilson Hall Atrium



FITNESS CLASSES

Mat Pilates

Mondays: April 6 – May 18
Fitness Center Exercise Room: 12-12:45pm
Fee: \$87. Register by March 30th

Free Trial Open House Yoga Class For Potential New Students

Monday: April 20th
WHGFE Training Room: 12-12:45pm
RSVP to jecker@fnal.gov or x2548



Yoga Mondays

Mondays: April 27 – June 15 (no class 5/25)
WHGFE Training Room: 12-12:45pm
Fee: \$55. Register by April 20th

Yoga Thursdays

Thursdays: April 30 – June 18
WHGFE Training Room: 12-12:45pm
Fee: \$60. Register by April 23rd

ATHLETIC LEAGUE INFO

Monday Golf League

Tanna Farms Golf League has openings for players on Monday evenings. League play begins May 4th and runs for 16 wks. Individual handicap format with weekly games. Contact Ron Evans at rone@fnal.gov or x4166 or Gary Davis at gdavis@fnal.gov or x4171 for info or to join.



Fermilab Golf League

Two leagues offered. Tuesdays at Bliss Creek and Wednesdays at Fox Valley. League play offers four person team competition using a handicapped format. Golfers of all abilities are welcome. Individuals and/or teams are invited. Substitutes are also needed. For info contact Mike Matulik at matulik@fnal.gov or x4091.

EMPLOYEE DISCOUNTS

Changarro Restaurant

Located at 1400 S. Neltnor Blvd., corner of Rte. 59 & Rte. 38, West Chicago. Changarro offers a fusion of Mexican-Brazilian dishes. Show Fermi ID for 20% discount off lunch. Closed on Tuesdays.

<http://wdrs.fnal.gov/wellness/convenience.html>



Hosted by the Wellness Department,
an Office of Workforce Development & Resources Section
<http://wdrs.fnal.gov/wellness/index.html>