

# WELLNESS

## FREE WELLNESS OFFERINGS

### Health & Wellness Fair

Wednesday: October 12  
WH 15th Floor Crossovers  
11:30 a.m. – 1:30 p.m.  
20+ Vendors, Giveaways, Drawings



### Lunch & Learn: How to save \$\$ on prescriptions: pros and cons of generics

Tuesday: October 25  
WH2W, Curia II: Noon – 1 p.m.  
Learn about cost-saving generic drugs and whether they are just as safe as brand-name medications for you and your family.

### Qigong, Mindfulness & Tai Chi Easy® for Stress Reduction Classes

Wednesdays: 7 - 8 a.m., WH Auditorium  
Fridays: Noon - 12:45 p.m., WH Auditorium

## EMPLOYEE CLUBS

### Creative Writers Club

Thursdays: October 6 and 20  
WH4SE Abacus: Noon – 1 p.m.

### Toastmasters

Thursday: October 6  
WH, One North: Noon – 12:50 p.m.  
Thursday: October 20  
WH, 7th floor Racetrack: Noon – 12:50 p.m.



### Amateur Radio Club

Wednesday: October 26  
WH 2nd Floor Crossover: Noon – 1 p.m.

## ATHLETIC LEAGUES

### Open Badminton

Wednesdays: 11 a.m. – 1 p.m.  
Fridays: 4 – 6 p.m.  
Fitness Center Gym: membership required

## DISCOUNTS

### Movie Tickets

Goodrich Tickets \$8.00  
AMC & Regal Theater Tickets \$7.00 - \$8.00



Sam's Club, Fright Fest/Great America, GiffTree.com, Jazzercise, Great Wolf Lodge (WI Dells), Rosati's of Batavia. For more discounts...

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



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