

WELLNESS

FREE WELLNESS OFFERINGS

10-Minute Employee Stress Relief Massages

Thursday: December 15

Tuesday: December 20

WH Ground Floor, EOC: 11am – 2pm

Call Jeanne at x2548 to reserve your massage.



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

Wednesdays: December 7, 14, 21

WH Auditorium: 7-8 a.m.

Fridays: December 2, 9, 16

WH Auditorium: Noon - 12:45 p.m.

FITNESS CLASSES

Free Trial Kyuki-Do Martial Arts Class

Wednesday: December 21

Fitness Center: 5 – 6 p.m.

FREE trial class. Check it out.

Gym membership not required.



ATHLETIC LEAGUES

Winter Volleyball League

Mondays: 6 p.m.

Fitness Center: Gym Membership Required

Contact Sergey Los, x8313, los@fnal.gov

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

EMPLOYEE CLUBS

Barnstormers Model Airplane Club Weekly Fly In

Wednesdays: December 7, 14, 21, 28

Kuhn Barn: Noon – 1 p.m.

Creative Writers Club

Thursdays: December 8 and 22

WH4SE Abacus: Noon – 1 p.m.

DISCOUNTS

Movie Tickets Make Great Gifts

Goodrich Tickets \$8.00

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



GiftTree.com

Enjoy \$10 off any purchase of \$50 or more.

They offer a wide variety of gifts including gourmet baskets, flowers, fruit, personalized gifts, etc.

Enter promo code: HEADSTART

<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>