

# WELLNESS

## FREE WELLNESS OFFERINGS

### Lunch & Learn about Skin Cancer/Sun Safety

Monday: April 30  
WH, Curia II: Noon – 1 p.m.



### Employee Health & Fitness Day

Tuesday: May 15  
Main Ring: 11 a.m. – 1:30p.m.  
T-shirts, pedometers and frozen fruit bar.  
10,000 Steps-a-Day kickoff.

### 10-Minute Employee Massages

Monday & Tuesday: May 21 & 22  
WH Ground Floor EOC: 11 a.m. – 2 p.m.  
Call Jeanne to reserve your massage at x2548.

## POOL OPENS JUNE 5th

Pool Memberships Sold in Wellness Office, WH15W.  
Swim Lessons available for Adults, Youth and Pre-K.  
Water Aerobics: Mondays, June 18 – Aug. 6, 12-12:45.  
For more info: <http://wdrs.fnal.gov/wellness/pool.html>

## FITNESS CLASSES

### Yoga

Tuesdays: May 1 – June 19  
WH Auditorium: 12 – 1 p.m.  
Fee: \$85/person

### Zumba

Wednesdays: May 9 – June 27  
Fitness Center: Noon – 12:45 p.m.  
Fee: \$45/person  
Fridays: May 11 – June 29  
Fitness Center: Noon – 12:45 p.m.  
Fee: \$45/person



### Kyuki-Do Martial Arts Class

Mondays & Wednesday: May 14 – June 20  
Fitness Center: 5 – 6 p.m.  
Fee: \$55/person

## EMPLOYEE DISCOUNTS

### Dragon II Restaurant

Show Fermi ID for 15% discount.  
Located at 125 Roosevelt Rd. west side  
of Joliet Road in W. Chicago.



### Changarro Restaurant

Rt. 38 & 59, West Chicago  
Show Fermi ID for 15% off food only.



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