

WELLNESS

BOOK FAIR

Wednesday: April 4: 10 a.m. - 3 p.m.
Thursday: April 5: 8 a.m. - 2 p.m.
Wilson Hall Atrium



FREE WELLNESS OFFERINGS

8 Pieces of Brocade Qigong

“Eight Pieces of Brocade” qigong is a rejuvenating set of exercises focusing on coordination of breath & movement along with body alignment & a state of relaxed awareness. It is a traditional health practice that is easy to learn and can be done standing or sitting. The movements are challenging enough to promote health but do not exhaust the practitioner. Comfortable, non-restrictive clothing and flat shoes are required. This class is more in-depth than the drop-in classes on Wednesdays and Fridays. Contact Seton Handville, x2152, shandvi@fnal.gov with questions.

Mondays: April 2 – June 4
WH Auditorium: Noon – 1 p.m.

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

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



FITNESS CLASSES

Kyuki-Do Martial Arts Class

Mondays & Wednesday: April 2 – May 9
Fitness Center: 5 – 6 p.m.
Fee: \$55/person



Butts & Guts

Thursdays: April 26 – May 31
Fitness Center: 12 – 12:45 p.m.
Fee: \$41/person

ATHLETIC LEAGUES

Coed Softball League Season Opener May 2nd

Men and Women...Everyone welcome!
If you don't have a team, we can place you. 15 week schedule. All teams eligible for double elimination playoffs.

For more info contact Dave Hockin at hockin@fnal.gov
Wednesday or Thursday Games: 5:30pm
Fermilab Softball Field in the Village



EMPLOYEE DISCOUNTS

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>