

Fermilab Wellness Matters

Jul - Sep





Event




Date & Time

Location




Physical Wellness

<p>WW Wellness Workshop </p> <p>Formerly known as Weight Watchers. Employees may join any week.</p>	<p>Workshops held on Tuesdays at 11:30 am & 12:15 pm</p>	<p>Curia-II (WH2-SW)</p>
<p>Personalized Health & Wellness Training </p> <p>BCBSIL Blue365 members can pay \$39/year (normally \$120) or \$7.99/month (normally \$14.99) for unlimited access that includes 1,500+ videos across 40+ categories — from cardio to mindfulness to stress management.</p>	<p>Monthly or Annual Memberships</p> <p>Save 68% off personalized, online health & wellness classes</p>	<p>Log on to your BCBSIL, Blue365 website and redeem this offer. https://www.blue365deals.com/BCBSIL/</p>


Financial Wellness

<p>Fidelity Quarterly Market Update </p> <p>This session is an online educational opportunity to gain insight on the latest market update and ask questions. Employees may either view the session in One West or online from their workstation. Registration is required to attend online.</p>	<p>August 14 at 1:00 pm</p>	<p>Broadcast in Comitium (WH2-SE)</p> <p>Login to your NetBenefits account to register. Go to the Library/workshops/live workshops/quarterly update</p>
<p>Retirement Planning 2 Day Session </p> <p>Fidelity will present on August 21 and the Benefits office will cover retiree medical on August 22. Invitations sent out July 31 to eligible employees.</p>	<p>August 21 & 22 12:30 pm – 4:30 pm</p>	<p>One West (WH1-SW)</p>
<p>Fidelity Consultations </p> <p>Fidelity Investment is available onsite by appointment for complementary 1 on 1 retirement planning consultations.</p>	<p>Call for appointment: 1-800-642-7131 Or https://getguidance.fidelity.com/fermilab</p>	<p>Small Dining Room (WH1-SW)</p>

Emotional Wellness

<p>Making a Life While Making A Living: Work-Life Balance </p> <p>The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done.</p>	<p>Viewable beginning July 16</p>	<p>Online Seminar www.ers-eap.com Username: Fermilab Password: eap Look for the SEMINAR link in the middle of the page.</p>
<p>Complimentary 10-Minute Wellness Massage </p> <p>Email Lucy (lucina@fnal.gov) to reserve your time.</p>	<p>August 28 12:00 pm - 2:00 pm</p>	<p>The Children's Center</p>
<p>EAP/UAP (Employee/User Assistance Program) </p> <p>Onsite available every Wednesday.</p>	<p>Available 24/7 any day by phone or web and offers live assistance when you need it.</p>	<p>1-800-292-2780 www.ers-eap.com Fermi: 630-840-3591</p>

Family Wellness

<p>Workshop for Expectant Parents </p> <p>Topics: FMLA/Parental Leave, add Dependent to Insurance, FSA, Maternity Closet, Mother's Room, Daycare & Savings for College.</p>	<p>September 17 3:30 pm - 5:00 pm</p>	<p>Curia-II (WH2-SW) Zoom available: https://fnal.zoom.us/j/2445358019</p>
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