

SEIU 888 Lunchtime News – Quick Edition – April 16, 2009

VOTE, VOTE, VOTE! The SEIU 888 ballots will be counted on April 29, 2009. Please get them into the mail well before that. This is important so that you can make your voice heard.

EMPLOYEE WELLNESS! WIN PRIZES!

The *Health Department* is planning several initiatives in the interest of employee wellness. Although we will officially launch these programs at the **Employee Benefits Fair on April 29th (being held at the Bangs Center from 12-2 pm)**, we encourage you to contact us at any time!

Win an iPod Nano or a Hot Tub Soak! Complete a 44-day self-assessment in which you will track the strategies that you use to manage stress and increase wellness. Complete this simple survey by June 26th and submit it to Keith Carlson, Public Health Nurse at the Amherst Health Department, and you will be entered in a raffle to win the grand prize -- an iPod Nano -- or the second and third prizes --a one hour hot tub soak for two at Elements Spa in Amherst!

Fitness Together on Main Street in Amherst is offering a **free session with a personal trainer** for all Amherst employees. This session will include body measurements, weight, strength test, cardiovascular test, and flexibility test, and each participant will get a detailed print out of all of their results. There will be no pressure to become a client, but a discount will be offered for any employee interested in pursuing training at Fitness Together's Main Street facility.

Elements Spa on Main Street will also be offering **ongoing discounts** for all employees towards their services, including hot tubs, saunas, and massage!

The Health Dept. now has an ***Employee Wellness Blog*** which is linked on the town employee intranet site. Go to <http://amherstwellness.blogspot.com>, and visit the blog regularly for health and fitness tips!

Finally, the Health Department has 300 **free pedometers** to distribute to employees. These pedometers are easy to use and accurately count the number of steps you take each day. Pedometers are a great way to improve your overall fitness by providing an incentive to walk more, use the stairs if you're able, and keep your body moving. Please call **Keith Carlson at 259-3161** to request your pedometer!

Happy Spring, and see you at the benefits fairs on April 29th!