



2010 Smoking Cessation Sessions:

| Session | Location: | Day: | Date: | | Time: |
|---------|--|-----------|---|---|---------------------|
| 4 | Yaphank - New Interdisciplinary School | Thursdays | A. 09/16/2010 B. 09/23/2010 C. 09/30/2010 | D. 10/07/2010 E. 10/14/2010 F. 10/21/2010 | 4:30 pm to 6:00 pm |
| 5 | Manorville - Kuhn Opts. Center | Fridays | A. 11/05/2010 B. 11/12/2010 C. 11/19/2010 | D. 12/03/2010 E. 12/10/2010 F. 12/17/2010 | 9:00 am to 10:30 am |

***** Just a reminder that if you sign up for the last session there are no make ups available for that session.**

*****Just a reminder that these classes are free and open to all employees.**

Choose four different topics and complete one 90-minute class in each topic. This will complete your 6 hours for Wellness in the Workplace, LLC.



| 2010 Wellness in the Workplace, LLC. Schedule: | | |
|--|--|--|
| Topic Names | Date/ Time/ Location | Date/ Time/ Location |
| (A) Eating For Energy | H. Saturday, 09/11/10 9:00am-10:30am (Kuhn Opts. Center) | L. Wednesday, 12/01/10 7:00am-8:30am (Kuhn Opts. Center) |
| | I. Monday, 10/04/10 6:15pm-7:45pm (New Interdisciplinary School) | |
| | J. Thursday, 10/14/10 11:00am-12:30pm (Kuhn Opts. Center) | |
| | K. Tuesday, 11/09/10 4:30pm-6:00pm (Kuhn Opts. Center) | |
| (B) Sugar Blues | G. Monday, 08/16/10 4:30pm-6:00pm (Kuhn Opts. Center) | K. Thursday, 12/09/10 11:00am-12:30pm (Kuhn Opts. Center) |
| | H. Thursday, 09/23/10 11:00am-12:30pm (Kuhn Opts. Center) | |
| | I. Tuesday, 10/19/10 9:00am-10:30am (Kuhn Opts. Center) | |
| | J. Saturday, 11/20/10 9:00am-10:30am (Kuhn Opts. Center) | |
| (C) Health Myths | G. Wednesday, 08/25/10 11:00am-12:30pm (Kuhn Opts. Center) | K. Saturday, 12/04/10 9:00am-10:30am (Kuhn Opts. Center) |
| | H. Tuesday, 09/28/10 6:15pm-7:45pm (Kuhn Opts. Center) | |
| | I. Monday, 10/25/10 7:00am-8:30am (Kuhn Opts. Center) | |
| | J. Friday, 11/05/10 4:30pm-6:00pm (Kuhn Opts. Center) | |
| (D) Men's Health | G. Monday, 08/23/10 4:30pm-6:00pm (Kuhn Opts. Center) | K. Friday, 11/19/10 6:15pm-7:45pm (Kuhn Opts. Center) |
| | H. Wednesday, 09/15/10 6:15pm-7:45pm (Roanoke Opts. DH) | L. Wednesday, 12/01/10 9:00am-10:30am (Kuhn Opts. Center) |
| | I. Friday, 10/22/10 4:30pm-6:00pm (Hampton Bays Opts. DH) | |
| | J. Monday, 11/08/10 11:00am-12:30pm (Kuhn Opts. Center) | |
| (E) Learn Self- Hypnosis to Make The Healthy Changes You Desire | H. Thursday, 08/19/10 7:00am-8:30am (Kuhn Opts. Center) | K. Saturday, 11/13/10 9:00am-10:30am (Kuhn Opts. Center) |
| | I. Wednesday, 09/29/10 6:15pm-7:45pm (Hampton Bays Opts. DH) | |
| | J. Wednesday, 10/06/10 9:00am-10:30am (Kuhn Opts. Center) | |
| (F) Stressed Out Children & Stressed Out Parents | H. Tuesday, 08/24/10 4:30pm-6:00pm (Kuhn Opts. Center) | K. Friday, 10/29/10 6:15pm-7:45pm (Kuhn Opts. Center) |
| | I. Monday, 09/20/10 11:00am-12:30pm (Kuhn Opts. Center) | L. Wednesday, 11/17/10 7:00am-8:30am (Kuhn Opts. Center) |
| | J. Monday, 10/25/10 4:30pm-6:00pm (New Interdisciplinary School) | |
| (G) How to Handle Frustration & Anger For You or Someone Else | G. Saturday, 08/21/10 9:00am-10:30am (Kuhn Opts. Center) | J. Tuesday, 11/23/10 6:15pm-7:45pm (Roanoke Opts. DH) |
| | H. Friday, 10/01/10 4:30pm-6:00pm (Kuhn Opts. Center) | K. Wednesday, 12/08/10 11:00am-12:30pm (Kuhn Opts. Center) |
| | I. Monday, 10/18/10 6:15pm-7:45pm (New Interdisciplinary School) | |
| (H) Dealing With Loss | G. Thursday, 08/19/10 9:00am-10:30am (Kuhn Opts. Center) | J. Thursday, 11/18/10 4:30pm-6:00pm (New Interdisciplinary School) |
| | H. Monday, 09/27/10 6:15pm-7:45pm (Roanoke Opts. DH) | K. Monday, 12/06/10 6:15pm-7:45pm (Hampton Bays Opts. DH) |
| | I. Saturday, 10/16/10 9:00am-10:30am (Kuhn Opts. Center) | |
| (I) Simplifying Your Life | H. Tuesday, 08/24/10 6:15pm-7:45pm (Kuhn Opts. Center) | K. Friday, 10/29/10 4:30pm-6:00pm (Kuhn Opts. Center) |
| | I. Monday, 09/20/10 9:00am-10:30am (Kuhn Opts. Center) | L. Monday, 11/15/10 7:00am-8:30am (Kuhn Opts. Center) |
| | J. Wednesday, 10/06/10 7:00am-8:30am (Kuhn Opts. Center) | |
| (J) Getting Out of Debt | G. Saturday, 10/09/10 9:00am-10:30am (Kuhn Opts. Center) | |
| | H. Tuesday, 11/30/10 6:15pm-7:45pm (Kuhn Opts. Center) | |
| (K) Financial Wellness in Your 20's & 30's | F. Thursday, 09/02/10 6:15pm-7:45pm (Kuhn Opts. Center) | H. Friday, 12/03/10 11:00am-12:30pm (Kuhn Opts. Center) |
| | G. Tuesday, 11/16/10 4:30pm-6:00pm (Kuhn Opts. Center) | |
| (L) Financial Wellness in Your 40's & Above | F. Saturday, 09/18/10 9:00am-10:30am (Kuhn Opts. Center) | H. Friday, 12/10/10 11:00am-12:30pm (Kuhn Opts. Center) |
| | G. Friday, 11/12/10 4:30pm-6:00pm (Kuhn Opts. Center) | |
| (M) Planning For Your Future | H. Monday, 09/13/10 6:15pm-7:45pm (Kuhn Opts. Center) | K. Tuesday, 12/07/10 7:00am-8:30am (Kuhn Opts. Center) |
| | I. Wednesday, 10/20/10 6:15pm-7:45pm (Roanoke Opts. Center) | |
| | J. Saturday, 11/06/10 9:00am-10:30am (Kuhn Opts. Center) | |

***** IF YOU DO NOT SIGN THE SIGN- IN SHEET FOR THE CLASS YOU ARE ATTENDING YOU WILL NOT RECEIVE CREDIT FOR THAT CLASS. *****

Just a reminder that all these classes are free and OPEN TO ALL EMPLOYEES.

If your Body Mass Index (BMI) is 35.1 or greater, you are required to attend all 10 workshops and complete the enclosed Changing Weighs Program Verification Form for 75 Health is Wealth Points towards your 2011 employee contribution rates. If your BMI is 35 and under, you are required to complete the enclosed Changing Weighs Program Verification Form for 75 Health is Wealth Points.



2010 Optimal Nutrition & Wellness, Inc. Changing Weighs Sessions:

| Session | Location: | Day: | Date: | | Time: |
|---------|---------------------------------------|------------|---|--------------------------------|----------------------|
| 1 | Manorville- Kuhn Opts. Center | Wednesdays | I. 09/08/2010 | J. 10/13/2010 | 9:00 am to 10:00 am |
| 2 | Yaphank- New Interdisciplinary School | Tuesdays | I. 09/14/2010 | J. 10/12/2010 | 6:45 am to 7:45 am |
| 3 | Yaphank- New Interdisciplinary School | Wednesdays | G. 08/25/2010 H. 09/08/2010 | I. 10/13/2010 J. 11/10/2010 | 5:30 pm to 6:30 pm |
| 4 | Manorville- Kuhn Opts. Center | Thursdays | G. 08/19/2010 H. 09/02/2010 | I. 10/07/2010 J. 11/04/2010 | 11:00 am to 12:00 pm |
| 5 | Riverhead- Roanoke Opts. DH | Thursdays | G. 08/19/2010 H. 09/16/2010 | I. 10/21/2010 J. 11/18/2010 | 6:00 pm to 7:00 pm |
| 6 | Manorville- Kuhn Opts. Center | Saturdays | I. 09/11/2010 | J. 10/02/2010 | 7:45 am to 8:45 am |
| 7 | Manorville- Kuhn Opts. Center | Saturdays | G. 08/28/2010 H. 09/18/2010 | I. 10/16/2010 J. 11/13/2010 | 10:45 am to 11:45 am |
| 8 | Manorville- Kuhn Opts. Center | Mondays | I. 09/13/2010 | J. 10/18/2010 | 7:00 am to 8:00 am |
| 9 | Manorville- Kuhn Opts. Center | Fridays | F. 08/20/2010 G. 09/10/2010 H. 10/01/2010 | I. 10/22/2010 J. 11/19/2010 | 7:00 am to 8:00 am |
| 10 | Manorville - Kuhn Opts. Center | Mondays | I. 09/13/2010 | J. 10/18/2010 | 6:00 pm to 7:00 pm |
| 11 | Manorville- Kuhn Opts. Center | Tuesdays | G. 08/17/2010 H. 09/21/2010 | I. 10/19/2010 J. 11/23/2010 | 5:30 pm to 6:30 pm |

Just a reminder that all these classes are free and OPEN TO ALL EMPLOYEES.

*** Please return the Changing Weighs Program Verification Form fully completed and signed to the Human Resources Department by December 10, 2010 to receive your 75 Health is Wealth Points.