

If you have smoked a cigarette, pipe, or used tobacco during the 12 months preceding December 14, 2012, complete a Smoking Cessation Session for Health is Wealth Points towards your 2013 medical plan deductible.



If you are a non smoker you will be receiving dates and information on a nicotine test later in the year to receive your Health is Wealth Points towards your 2013 medical plan deductible.

2012 Smoking Cessation Sessions:

Session	Location:	Day:	Date:		Time:
1	Manorville- Kuhn Opts. Center	Wednesdays	A. 02/08/2012 B. 02/15/2012 C. 02/22/2012	D. 02/29/2012 E. 03/07/2012 F. 03/14/2012	1:00 pm to 2:30 pm
2	Manorville- Kuhn Opts. Center	Mondays	A. 02/27/2012 B. 03/05/2012 C. 03/12/2012	D. 03/19/2012 E. 03/26/2012 F. 04/02/2012	11:00 am to 12:30 pm
3	Yaphank- New Interdisciplinary School	Thursdays	A. 03/22/2012 B. 03/29/2012 C. 04/05/2012	D. 04/12/2012 E. 04/19/2012 F. 04/26/2012	4:30 pm to 6:00 pm
4	Manorville- Kuhn Opts. Center	Tuesdays	A. 05/01/2012 B. 05/08/2012 C. 05/15/2012	D. 05/22/2012 E. 05/29/2012 F. 06/05/2012	11:00 am to 12:30 pm
5	Riverhead- Roanoke Opts. Day Hab	Wednesdays	A. 06/06/2012 B. 06/13/2012 C. 06/20/2012	D. 06/27/2012 E. 07/11/2012 F. 07/18/2012	6:00 pm to 7:30 pm
6	Manorville- Kuhn Opts. Center	Saturdays	A. 06/09/2012 B. 06/16/2012 C. 06/23/2012	D. 06/30/2012 E. 07/07/2012 F. 07/14/2012	11:00 am to 12:30 pm
7	Manorville- Kuhn Opts. Center	Wednesdays	A. 08/01/2012 B. 08/08/2012 C. 08/15/2012	D. 08/22/2012 E. 08/29/2012 F. 09/05/2012	8:00 am to 9:30 am
8	Manorville- Kuhn Opts. Center	Tuesdays	A. 09/11/2012 B. 09/18/2012 C. 09/25/2012	D. 10/02/2012 E. 10/09/2012 F. 10/16/2012	1:00 pm to 2:30 pm
9	Hampton Bays- Hampton Bays Opts. Day Hab	Fridays	A. 10/05/2012 B. 10/12/2012 C. 10/19/2012	D. 10/26/2012 E. 11/02/2012 F. 11/09/2012	6:00 pm to 7:30 pm
10	Yaphank- New Interdisciplinary School	Mondays	A. 10/15/2012 B. 10/22/2012 C. 10/29/2012	D. 11/05/2012 E. 11/12/2012 F. 11/19/2012	4:30 pm to 6:00 pm
11	Manorville- Kuhn Opts. Center	Wednesdays	A. 11/07/2012 B. 11/14/2012 C. 11/21/2012	D. 11/28/2012 E. 12/05/2012 F. 12/12/2012	1:00 pm to 2:30 pm

***** 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.**

***** Enter IGHL's Health is Wealth raffle by completing all three of the Health is Wealth components by Monday, July 16, 2012.**

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

Choose two different topics and Being a Better Healthcare Consumer and Stress Management. Complete one 90-minute class in four different topics. This will complete your 6 hours for Wellness in the Workplace, LLC.



2012 Wellness in the Workplace, LLC. Schedule:			
Topic Names	Date/ Time/ Location	Date/ Time/ Location	
(A) Being A Better Healthcare Consumer	A. Wednesday, 01/25/12 9:00am-10:30am (Kuhn Opts. Center)	K. Wednesday, 06/20/12 11:00am-12:30pm (Kuhn Opts. Center)	
	A1. Wednesday, 01/25/12 11:00am-12:30pm (Kuhn Opts. Center)	L. Tuesday, 07/24/12 4:30pm-6:00pm (Kuhn Opts. Center)	
	B. Tuesday, 01/31/12 4:00pm-5:30pm (Kuhn Opts. Center)	M. Thursday, 08/16/12 11:00am-12:30pm (Kuhn Opts. Center)	
	C. Wednesday, 02/15/12 4:30pm-6:00pm (New Interdisciplinary School)	N. Monday, 09/17/12 7:00am-8:30am (Kuhn Opts. Center)	
	D. Monday, 02/27/12 7:00am-8:30am (Kuhn Opts. Center)	N1. Monday, 09/17/12 9:00am-10:30am (Kuhn Opts. Center)	
	D1. Monday, 02/27/12 9:00am-10:30am (Kuhn Opts. Center)	O. Tuesday, 09/25/12 6:15pm-7:45pm (Kuhn Opts. Center)	
	E. Tuesday, 03/13/12 4:30pm-6:00pm (Hampton Bays Opts. Day Hab)	P. Thursday, 10/11/12 11:00am-12:30pm (Kuhn Opts. Center)	
	F. Thursday, 03/29/12 6:00pm-7:30pm (Roanoke Opts. Day Hab)	Q. Monday, 10/22/12 4:30pm-6:00pm (Kuhn Opts. Center)	
	G. Tuesday, 04/24/12 4:30pm-6:00pm (Kuhn Opts. Center)	R. Thursday, 11/01/12 4:30pm-6:00pm (Kuhn Opts. Center)	
	G1. Tuesday, 04/24/12 6:15pm-7:45pm (Kuhn Opts. Center)	S. Saturday, 11/03/12 9:00am-10:30am (Kuhn Opts. Center)	
	H. Monday, 04/30/12 11:00am-12:30pm (Kuhn Opts. Center)	T. Tuesday, 12/11/12 4:30pm-6:00pm (Kuhn Opts. Center)	
I. Wednesday, 05/16/12 9:00am-10:30am (Kuhn Opts. Center)	T1. Tuesday, 12/11/12 6:15pm-7:45pm (Kuhn Opts. Center)		
I1. Wednesday, 05/16/12 11:00am-12:30pm (Kuhn Opts. Center)	U. Friday, 12/14/12 9:00am-10:30am (Kuhn Opts. Center)		
J. Monday, 05/21/12 4:30pm-6:00pm (Kuhn Opts. Center)	U1. Friday, 12/14/12 11:00am-12:30pm (Kuhn Opts. Center)		
J1. Monday, 05/21/12 6:15pm-7:45pm (Kuhn Opts. Center)			
(B) Stress Management	A. Friday, 01/20/12 9:00am-10:30am (Kuhn Opts. Center)	K. Monday, 07/16/12 11:00am-12:30pm (Kuhn Opts. Center)	
	B. Tuesday, 01/24/12 11:00am-12:30pm (Kuhn Opts. Center)	L. Thursday, 08/23/12 4:30pm-6:00pm (New Interdisciplinary School)	
	C. Wednesday, 02/15/12 4:30pm-6:00pm (Kuhn Opts. Center)	M. Monday, 09/10/12 4:30pm-6:00pm (Hampton Bays Opts. Day Hab)	
	D. Thursday, 03/15/12 11:00am-12:30pm (Kuhn Opts. Center)	N. Thursday, 09/20/12 7:00am-8:30am (Kuhn Opts. Center)	
	E. Saturday, 03/31/12 9:15am-10:45am (Kuhn Opts. Center)	O. Saturday, 10/06/12 9:15am-10:45am (Kuhn Opts. Center)	
	F. Wednesday, 04/11/12 7:00am-8:30am (Kuhn Opts. Center)	P. Monday, 10/15/12 11:00am-12:30pm (Kuhn Opts. Center)	
	G. Thursday, 04/19/12 9:00am-10:30am (Kuhn Opts. Center)	Q. Tuesday, 11/06/12 6:15pm-7:45pm (Kuhn Opts. Center)	
	H. Thursday, 05/10/12 6:15pm-7:45pm (Roanoke Opts. Day Hab)	R. Thursday, 11/29/12 9:00am-10:30am (Kuhn Opts. Center)	
	I. Wednesday, 05/30/12 6:15pm-7:45pm (Kuhn Opts. Center)	S. Saturday, 12/01/12 9:15am-10:45am (Kuhn Opts. Center)	
	J. Saturday, 06/23/12 9:15am-10:45am (Kuhn Opts. Center)	T. Thursday, 12/13/12 11:00am-12:30pm (Kuhn Opts. Center)	
	(C) Mastering Change	A. Thursday, 01/19/12 4:30pm-6:00pm (Kuhn Opts. Center)	G. Tuesday, 07/17/12 6:15pm-7:45pm (Roanoke Opts. Day Hab)
B. Wednesday, 02/01/12 6:15pm-7:45pm (Kuhn Opts. Center)		H. Thursday, 08/30/12 9:00am-10:30am (Kuhn Opts. Center)	
C. Thursday, 03/08/12 6:15pm-7:45pm (Roanoke Opts. Day Hab)		I. Saturday, 09/08/12 9:15am-10:45am (Kuhn Opts. Center)	
D. Wednesday, 04/04/12 11:00am-12:30pm (Kuhn Opts. Center)		J. Monday, 10/01/12 4:30pm-6:00pm (Kuhn Opts. Center)	
E. Friday, 05/04/12 7:00am-8:30am (Kuhn Opts. Center)		K. Thursday, 11/08/12 6:15pm-7:45pm (Kuhn Opts. Center)	
F. Tuesday, 06/12/12 4:30pm-6:00pm (New Interdisciplinary School)		L. Tuesday, 12/04/12 11:00am-12:30pm (Kuhn Opts. Center)	
(D) Relax & Meditate		A. Thursday, 01/19/12 6:15pm-7:45pm (Kuhn Opts. Center)	G. Saturday, 07/07/12 9:15am-10:45am (Kuhn Opts. Center)
		B. Wednesday, 02/01/12 4:30pm-6:00pm (Kuhn Opts. Center)	H. Thursday, 08/30/12 11:00am-12:30pm (Kuhn Opts. Center)
		C. Friday, 03/09/12 11:00am-12:30pm (Kuhn Opts. Center)	I. Tuesday, 09/18/12 11:00am-12:30pm (Kuhn Opts. Center)
		D. Wednesday, 04/04/12 9:00am-10:30am (Kuhn Opts. Center)	J. Monday, 10/01/12 6:15pm-7:45pm (Kuhn Opts. Center)
		E. Tuesday, 05/15/12 4:30pm-6:00pm (Kuhn Opts. Center)	K. Thursday, 11/08/12 4:30pm-6:00pm (Kuhn Opts. Center)
	F. Monday, 06/04/12 7:00am-8:30am (Kuhn Opts. Center)	L. Tuesday, 12/04/12 9:00am-10:30am (Kuhn Opts. Center)	
	(E) Massage Days 2	A. Wednesday, 01/25/12 6:15pm-7:45pm (Kuhn Opts. Center)	G. Wednesday, 07/18/12 4:30pm-6:00pm (Kuhn Opts. Center)
		B. Saturday, 02/25/12 9:15am-10:45am (Kuhn Opts. Center)	H. Thursday, 08/02/12 7:00am-8:30am (Kuhn Opts. Center)
		C. Friday, 03/23/12 4:30pm-6:00pm (Kuhn Opts. Center)	I. Monday, 09/10/12 6:15pm-7:45pm (Kuhn Opts. Center)
		D. Thursday, 04/05/12 7:00am-8:30am (Kuhn Opts. Center)	J. Monday, 10/15/12 4:30pm-6:00pm (Kuhn Opts. Center)
		E. Wednesday, 05/16/12 4:30pm-6:00pm (Kuhn Opts. Center)	K. Wednesday, 11/14/12 6:15pm-7:45pm (Kuhn Opts. Center)
F. Monday, 06/11/12 6:15pm-7:45pm (Kuhn Opts. Center)		L. Friday, 12/07/12 6:15pm-7:45pm (Kuhn Opts. Center)	
(F) Grab & Go- Fast Food From Home		A. Thursday, 01/26/12 11:00am-12:30pm (Kuhn Opts. Center)	G. Saturday, 08/25/12 9:15am-10:45am (Kuhn Opts. Center)
		B. Monday, 03/19/12 4:30pm-6:00pm (Hampton Bays Opts. Day Hab)	H. Friday, 09/14/12 11:00am-12:30pm (Kuhn Opts. Center)
		C. Saturday, 05/12/12 9:15am-10:45am (Kuhn Opts. Center)	I. Tuesday, 10/09/12 11:00am-12:30pm (Kuhn Opts. Center)
		D. Tuesday, 06/12/12 11:00am-12:30pm (Kuhn Opts. Center)	J. Monday, 11/05/12 4:30pm-6:00pm (Kuhn Opts. Center)
		E. Thursday, 06/21/12 6:15pm-7:45pm (Roanoke Opts. Day Hab)	K. Monday, 12/03/12 9:00am-10:30am (Kuhn Opts. Center)
	F. Thursday, 07/12/12 4:30pm-6:00pm (Kuhn Opts. Center)	L. Saturday, 12/08/12 9:15am-10:45am (Kuhn Opts. Center)	
	(G) Healthy Kids: Q&A For Parents	A. Friday, 01/27/12 7:00am-8:30am (Kuhn Opts. Center)	G. Friday, 08/17/12 6:15pm-7:45pm (Kuhn Opts. Center)
		B. Friday, 02/10/12 6:15pm-7:45pm (Kuhn Opts. Center)	H. Friday, 09/21/12 6:15pm-7:45pm (Kuhn Opts. Center)
		C. Tuesday, 04/10/12 6:15pm-7:45pm (Hampton Bays Opts. Day Hab)	I. Friday, 10/19/12 7:00am-8:30am (Kuhn Opts. Center)
		D. Friday, 05/18/12 4:30pm-6:00pm (Kuhn Opts. Center)	J. Friday, 11/16/12 7:00am-8:30am (Kuhn Opts. Center)
		E. Friday, 06/15/12 11:00am-12:30pm (Kuhn Opts. Center)	K. Friday, 12/07/12 4:30pm-6:00pm (Kuhn Opts. Center)
F. Thursday, 07/26/12 6:15pm-7:45pm (Hampton Bays Opts. Day Hab)		L. Friday, 12/14/12 7:00am-8:30am (Kuhn Opts. Center)	
(H) Verbal Communication: Why Should It Matter To You?		A. Friday, 01/27/12 4:30pm-6:00pm (Kuhn Opts. Center)	G. Thursday, 09/20/12 4:30pm-6:00pm (Kuhn Opts. Center)
		B. Wednesday, 02/08/12 11:00am-12:30pm (Kuhn Opts. Center)	H. Tuesday, 10/23/12 9:00am-10:30am (Kuhn Opts. Center)
		C. Saturday, 03/24/12 9:15am-10:45am (Kuhn Opts. Center)	I. Wednesday, 11/07/12 7:00am-8:30am (Kuhn Opts. Center)
		D. Monday, 04/30/12 4:30pm-6:00pm (Kuhn Opts. Center)	J. Tuesday, 11/13/12 9:00am-10:30am (Kuhn Opts. Center)
		E. Wednesday, 05/23/12 11:00am-12:30pm (Kuhn Opts. Center)	K. Thursday, 12/06/12 4:30pm-6:00pm (Kuhn Opts. Center)
	F. Friday, 07/20/12 7:00am-8:30am (Kuhn Opts. Center)	L. Monday, 12/10/12 4:30pm-6:00pm (Kuhn Opts. Center)	
	(I) Baby Steps For Health & Energy	A. Saturday, 01/28/12 9:15am-10:45am (Kuhn Opts. Center)	G. Wednesday, 08/15/12 4:30pm-6:00pm (Kuhn Opts. Center)
		B. Tuesday, 03/27/12 11:00am-12:30pm (Kuhn Opts. Center)	H. Thursday, 09/06/12 11:00am-12:30pm (Kuhn Opts. Center)
		C. Monday, 04/23/12 4:30pm-6:00pm (Kuhn Opts. Center)	I. Thursday, 09/27/12 6:15pm-7:45pm (Kuhn Opts. Center)
		D. Thursday, 05/17/12 6:15pm-7:45pm (Roanoke Opts. Day Hab)	J. Saturday, 10/20/12 9:15am-10:45am (Kuhn Opts. Center)
		E. Saturday, 06/09/12 9:15am-10:45am (Kuhn Opts. Center)	K. Wednesday, 11/14/12 4:30pm-6:00pm (New Interdisciplinary School)
F. Wednesday, 07/25/12 9:00am-10:30am (Kuhn Opts. Center)		L. Thursday, 12/06/12 7:00am-8:30am (Kuhn Opts. Center)	
(J) Menopause & Andropause: Keeping Your "Cool" During The Transition		A. Monday, 01/30/12 4:30pm-6:00pm (Kuhn Opts. Center)	F. Thursday, 06/14/12 6:15pm-7:45pm (Kuhn Opts. Center)
		B. Wednesday, 02/22/12 11:00am-12:30pm (Kuhn Opts. Center)	G. Tuesday, 07/31/12 6:15pm-7:45pm (Kuhn Opts. Center)
		C. Monday, 03/12/12 6:15pm-7:45pm (Kuhn Opts. Center)	H. Monday, 08/06/12 9:00am-10:30am (Kuhn Opts. Center)
		D. Saturday, 04/28/12 9:15am-10:45am (Kuhn Opts. Center)	I. Saturday, 09/29/12 9:15am-10:45am (Kuhn Opts. Center)
		E. Wednesday, 05/09/12 4:30pm-6:00pm (Kuhn Opts. Center)	J. Monday, 11/19/12 4:30pm-6:00pm (Kuhn Opts. Center)
	(K) Warning Signs 2	A. Monday, 01/30/12 6:15pm-7:45pm (Kuhn Opts. Center)	F. Wednesday, 07/11/12 4:30pm-6:00pm (Kuhn Opts. Center)
		B. Saturday, 03/17/12 9:15am-10:45am (Kuhn Opts. Center)	G. Monday, 08/06/12 11:00am-12:30pm (Kuhn Opts. Center)
		C. Wednesday, 04/18/12 4:30pm-6:00pm (Kuhn Opts. Center)	H. Wednesday, 09/12/12 6:15pm-7:45pm (Kuhn Opts. Center)
		D. Wednesday, 05/09/12 6:15pm-7:45pm (Kuhn Opts. Center)	I. Wednesday, 10/17/12 4:30pm-6:00pm (Kuhn Opts. Center)
		E. Tuesday, 06/26/12 9:00am-10:30am (Kuhn Opts. Center)	J. Saturday, 10/27/12 9:15am-10:45am (Kuhn Opts. Center)
		(L) Tips & Tricks For Working With Your Doctor	A. Wednesday, 02/22/12 9:00am-10:30am (Kuhn Opts. Center)
B. Monday, 03/12/12 4:30pm-6:00pm (Kuhn Opts. Center)			G. Saturday, 08/18/12 9:15am-10:45am (Kuhn Opts. Center)
C. Wednesday, 04/18/12 6:15pm-7:45pm (Kuhn Opts. Center)			H. Wednesday, 09/12/12 4:30pm-6:00pm (Kuhn Opts. Center)
D. Saturday, 05/19/12 9:15am-10:45am (Kuhn Opts. Center)			I. Wednesday, 10/17/12 6:15pm-7:45pm (Kuhn Opts. Center)
E. Tuesday, 06/26/12 11:00am-12:30pm (Kuhn Opts. Center)			J. Monday, 11/19/12 6:15pm-7:45pm (Kuhn Opts. Center)
(M) How To Manage Career, Investments & Major Purchases			A. Tuesday, 01/31/12 11:00am-12:30pm (Kuhn Opts. Center)
	B. Thursday, 02/16/12 4:30pm-6:00pm (Kuhn Opts. Center)		G. Tuesday, 09/18/12 7:00am-8:30am (Kuhn Opts. Center)
	C. Wednesday, 03/07/12 9:00am-10:30am (Kuhn Opts. Center)		H. Thursday, 10/25/12 4:30pm-6:00pm (New Interdisciplinary School)
	D. Saturday, 04/21/12 9:15am-10:45am (Kuhn Opts. Center)		I. Thursday, 11/29/12 11:00am-12:30pm (Kuhn Opts. Center)
	E. Tuesday, 05/22/12 7:00am-8:30am (Kuhn Opts. Center)		
	(N) Understanding The Role Of Insurance In Financial Planning		A. Tuesday, 02/07/12 4:30pm-6:00pm (Kuhn Opts. Center)
		B. Saturday, 03/10/12 9:15am-10:45am (Kuhn Opts. Center)	G. Wednesday, 09/19/12 6:45pm-8:15pm (Kuhn Opts. Center)
		C. Monday, 04/16/12 11:00am-12:30pm (Kuhn Opts. Center)	H. Saturday, 11/10/12 9:15am-10:45am (Kuhn Opts. Center)
		D. Monday, 05/07/12 6:15pm-7:45pm (Kuhn Opts. Center)	I. Wednesday, 12/12/12 6:15pm-7:45pm (Kuhn Opts. Center)
		E. Monday, 07/30/12 7:00am-8:30am (Kuhn Opts. Center)	
		(O) How To Spend Your Paycheck Wisely	A. Saturday, 02/11/12 9:15am-10:45am (Kuhn Opts. Center)
B. Thursday, 03/22/12 11:00am-12:30pm (Kuhn Opts. Center)			G. Saturday, 10/13/12 9:15am-10:45am (Kuhn Opts. Center)
C. Friday, 04/27/12 4:30pm-6:00pm (Kuhn Opts. Center)			H. Monday, 11/12/12 11:00am-12:30pm (Kuhn Opts. Center)
D. Thursday, 05/10/12 11:00am-12:30pm (Kuhn Opts. Center)			I. Monday, 12/03/12 11:00am-12:30pm (Kuhn Opts. Center)
E. Wednesday, 06/13/12 9:00am-10:30am (Kuhn Opts. Center)			
(P) Investment & Planning Fundamentals			A. Monday, 02/13/12 11:00am-12:30pm (Kuhn Opts. Center)
	B. Wednesday, 03/14/12 4:30pm-6:00pm (Kuhn Opts. Center)		G. Tuesday, 08/07/12 4:30pm-6:00pm (Kuhn Opts. Center)
	C. Wednesday, 04/25/12 6:15pm-7:45pm (New Interdisciplinary School)		H. Saturday, 09/22/12 9:15am-10:45am (Kuhn Opts. Center)
	D. Tuesday, 05/15/12 7:00am-8:30am (Kuhn Opts. Center)		I. Wednesday, 10/10/12 6:15pm-7:45pm (Hampton Bays Opts. Day Hab)
	E. Wednesday, 06/06/12 6:15pm-7:45pm (Kuhn Opts. Center)		

When signing up for classes please give the topic letter and the class letter.

Once a class reaches 20 people, no one else can attend. Walk-ins are welcome, but sign ups will take precedence over any walk-ins.

*** Enter IGHL's Health is Wealth raffle by completing all three of the Health is Wealth components by Monday, July 16, 2012.

*** 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 33.1 or greater, you are required to attend all 10 workshops and complete the enclosed Changing Weighs Program Verification Form for 100 Health is Wealth Points towards your 2013 medical plan deductible.

If your BMI is 33 and under, you are required to complete the enclosed Changing Weighs Program Verification Form for 100 Health is Wealth Points.



2012 Optimal Nutrition & Wellness, Inc. Changing Weighs Sessions:

Session	Location:	Day:	Date:		Time:
1	Manorville- Kuhn Opts. Center	Tuesdays	A. 02/28/2012 B. 03/06/2012 C. 03/13/2012 D. 03/20/2012 E. 03/27/2012	F. 04/03/2012 G. 04/17/2012 H. 04/24/2012 I. 05/01/2012 J. 05/08/2012	7:00 am to 8:00 am
2	Manorville- Kuhn Opts. Center	Thursdays	A. 03/01/2012 B. 03/08/2012 C. 03/15/2012 D. 03/22/2012 E. 03/29/2012	F. 04/05/2012 G. 04/19/2012 H. 04/26/2012 I. 05/03/2012 J. 05/10/2012	5:30 pm to 6:30 pm
3	Manorville- Kuhn Opts. Center	Saturdays	A. 03/03/2012 B. 03/10/2012 C. 03/17/2012 D. 03/24/2012 E. 03/31/2012	F. 04/21/2012 G. 04/28/2012 H. 05/05/2012 I. 05/12/2012 J. 05/19/2012	8:00 am to 9:00 am
4	Manorville- Kuhn Opts. Center	Mondays	A. 03/05/2012 B. 03/12/2012 C. 03/19/2012 D. 03/26/2012 E. 04/02/2012	F. 04/16/2012 G. 04/23/2012 H. 04/30/2012 I. 05/07/2012 J. 05/14/2012	7:00 am to 8:00 am
5	Manorville- Kuhn Opts. Center	Mondays	A. 03/05/2012 B. 03/12/2012 C. 03/19/2012 D. 03/26/2012 E. 04/02/2012	F. 04/16/2012 G. 04/23/2012 H. 04/30/2012 I. 05/07/2012 J. 05/14/2012	9:00 am to 10:00 am
6	Riverhead- Roanoke Opts. Day Hab	Tuesdays	A. 04/03/2012 B. 04/17/2012 C. 04/24/2012 D. 05/01/2012 E. 05/08/2012	F. 05/15/2012 G. 05/22/2012 H. 05/29/2012 I. 06/05/2012 J. 06/12/2012	5:30 pm to 6:30 pm
7	Manorville- Kuhn Opts. Center	Wednesdays	A. 07/25/2012 B. 08/01/2012 C. 08/08/2012 D. 08/22/2012 E. 08/29/2012	F. 09/05/2012 G. 09/19/2012 H. 09/26/2012 I. 10/03/2012 J. 10/10/2012	5:30 pm to 6:30 pm
8	Manorville- Kuhn Opts. Center	Wednesdays	A. 09/05/2012 B. 09/12/2012 C. 09/19/2012 D. 10/03/2012 E. 10/10/2012	F. 10/17/2012 G. 10/24/2012 H. 10/31/2012 I. 11/07/2012 J. 11/14/2012	11:00 am to 12:00 pm
9	Manorville- Kuhn Opts. Center	Thursdays	A. 09/06/2012 B. 09/13/2012 C. 09/27/2012 D. 10/04/2012 E. 10/11/2012	F. 10/18/2012 G. 10/25/2012 H. 11/15/2012 I. 11/29/2012 J. 12/13/2012	5:00 pm to 6:00 pm
10	Manorville- Kuhn Opts. Center	Saturdays	A. 09/08/2012 B. 09/15/2012 C. 09/22/2012 D. 09/29/2012 E. 10/13/2012	F. 10/20/2012 G. 10/27/2012 H. 11/03/2012 I. 11/10/2012 J. 11/17/2012	8:00 am to 9:00 am
11	Manorville- Kuhn Opts. Center	Tuesdays	A. 09/18/2012 B. 10/02/2012 C. 10/16/2012 D. 10/23/2012 E. 10/30/2012	F. 11/06/2012 G. 11/13/2012 H. 11/20/2012 I. 11/27/2012 J. 12/04/2012	3:45 pm to 4:45 pm
12	Yaphank- New Interdisciplinary School	Tuesdays	A. 09/18/2012 B. 10/02/2012 C. 10/16/2012 D. 10/23/2012 E. 10/30/2012	F. 11/06/2012 G. 11/13/2012 H. 11/20/2012 I. 11/27/2012 J. 12/04/2012	5:00 pm to 6:00 pm
13	Manorville- Kuhn Opts. Center	Tuesdays	A. 09/25/2012 B. 10/02/2012 C. 10/16/2012 D. 10/23/2012 E. 10/30/2012	F. 11/06/2012 G. 11/13/2012 H. 11/20/2012 I. 11/27/2012 J. 12/04/2012	7:00 am to 8:00 am

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

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

*** Please return the Changing Weighs Program Verification Form fully completed and signed to the Human Resources Department by December 14, 2012 to receive your 100 Health is Wealth Points.

*** Enter IGHL's Health is Wealth raffle by completing all three of the Health is Wealth components by Monday, July 16, 2012.

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

Call Provant at 1-877-BE-WELL-7 to sign up for your Biometric Screening. Your screening will take 15-20 minutes. Fasting is not required. Your screening has to be completed by Friday, 12/14/12 to receive your Health is Wealth points. Screenings include blood work obtained from a simple finger stick.



2012 Provant Biometric Screening Schedule

1/30/12	Monday	12:00PM to 3:00PM
2/9/12	Thursday	1:00PM to 3:00PM
3/13/12	Tuesday	9:00AM to 11:00AM
4/17/12	Tuesday	9:00AM to 11:00AM
4/30/12	Monday	1:30PM to 3:30PM
5/8/12	Tuesday	2:00PM to 4:00PM
5/17/12	Thursday	3:00PM to 5:00PM
6/14/12	Thursday	3:00PM to 5:00PM
7/25/12	Wednesday	12:00PM to 2:00PM

8/11/12	Saturday	10:00AM to 12:00PM
9/15/12	Saturday	10:00AM to 12:00PM
9/26/12	Wednesday	7:30PM to 9:30PM
10/2/12	Tuesday	8:00PM to 10:00PM
10/15/12	Monday	1:30PM to 3:30PM
11/9/12	Friday	3:00PM to 5:00PM
11/13/12	Tuesday	11:30AM to 1:30PM
12/14/12	Friday	2:00PM to 5:00PM

Location for all dates is Meeting Room B at the Kuhn Opts. Center.

CALL PROVANT AT 1-877-BE-WELL-7 (1-877-239-3557) TO SIGN UP FOR YOUR BIOMETRIC SCREENING.

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

***** These screenings are confidential and IGHL does not see your personal results. *****

Enter IGHL's Health is Wealth raffle by completing all three of the Health is Wealth components by Monday, July 16, 2012.

***** Just a reminder that these screenings are free and OPEN TO ALL EMPLOYEES. *****