

TLC Update

Sandians' Guide to Better Health



May/June 1995

Call 844-8238 for more information on any TLC program.

SPECIAL EVENTS

May: National Employee Health and Fitness Day

May 17 is National Employee Health and Fitness Day. This year, the TLC Program is challenging Sandia employees to exercise for at least twenty minutes on May 17. TLC will have action booths set up in different locations where you can pick up information pertaining to flexibility, nutrition and cardiovascular fitness. The cardiovascular booth will be located at the parade grounds. There, you will be given the opportunity to do a one-mile walk test, which estimates your aerobic fitness level. The other booths will be located at the cafeteria and TTC (Bldg. 825). Once you have fulfilled your challenge, you must return your pledge card to one of the action booths or to the TLC office to receive your incentive. Pledge cards are attached to this Update, or you may call the TLC office at 844-8238 after April 24, to receive one. Remember, you must complete your challenge prior to receiving your incentive. Watch for flyers for more information. Good luck and we'll see you on May 17.

June: National Safety Month

June marks the beginning of summer fun. During this month TLC is providing a host of programs and action/educational booths designed to provide you with safety tips to use throughout the summer. Each week TLC focuses on a different theme:

First week - Personal Safety Week:

* **Personal Protection Workshop for Women**, Sat., 6/3/95, 9:00 a.m. - 2:00 p.m. at the TTC.

* **Personal Protection Workshop for Men**, Sat., 6/10/95, 9:00 a.m. - 2:00 p.m. at the TTC.

These workshops are open to employees and their spouses. Comfortable attire should be worn. To enroll, please complete the attached enrollment form or call the TLC office at 844-8238.

Second week - Food Safety Week:

TLC is featuring a number of action booths around the area about handling food safely. Watch the Weekly Bulletin for dates, times and locations. In addition, we are offering our **How to Handle Food Safely class** - see Nutrition class section for details.

Third week - Safety While Exercising Week:

* **Bike Rodeo and a Roller Blade Stop Clinic**, sponsored by the NM Safe Kids Coalition Bicycle Committee, on Sat., 6/24/95 from 9:00 - 11:00 a.m. in the parking lot in front of the TLC mobile offices. Enrollment is highly recommended for both events. The **Bike Rodeo** is open to ages 6 to 16 and will cover basic balance, traffic skills, and accident causes and cures. Bike inspections will be provided upon

In This Issue...

- * Bicycle Commuting Discussion Group
- * Consumer Education Lecture
- * Services & Technology for People with a Hearing Loss
- * Tai Chi Chuan Classes



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