



SNL'S HEALTH PROMOTION PROGRAM

APRIL/MAY/JUNE 1997

UPDATE

HELPING PEOPLE BE HEALTHY

Employee Health and Fitness Day May 14th

Hardin Field - 11:00am - 1:00pm

Join in the biggest aerobics class ever held on base. This will be a Fitness Day to remember! Come to Hardin Field (on F Street) from 11:00am - 1:00pm. From 11:00am - noon our instructors will lead Sandia in a massive stretching, toning, and low impact class. Stop by our booths and have your blood pressure taken or your cholesterol checked. Meet the friendly ¡SALUD! staff and find out more about the health promotion services available to you.

Don't miss this event!

Open House

April 30th
8am - 4:30pm

We hope to see you for our open house on April 30th from 8:00am to 4:30pm. Come to redeem your ¡SALUD! bucks. Stop by for Sara Perovich's Healthy Eatin' Cooking Demo from noon to 1:00pm. Or, just drop by to meet our crew. The ¡SALUD! offices moved from the old mobile offices (MO168 through MO171) to the southwest corner of Bldg. 956 in front of the Security Fitness facility. 956 is located between 9th and 14th Streets, south of Hardin Ave. on P Ave. No clearance is necessary to come to our offices.

Cancer Panel

April 29th, noon - 1pm
Coronado Club, Zia Room

Join us for this very special presentation on "Living through Cancer." Gena Love, Director of Support Services, with People Living Through Cancer will provide information on available community resources which include support groups and one on one services. She will also emphasize respect for individual choice in seeking support. Sandia's Dick Fate, Manager 6685, fondly known as "the man of many hats", will join the panel for a second year to share his inspirational story. Joyce Wilson, Psychologist, President of the Albuquerque EAP, and Marcy Zaffron, with Lovelace Hospital's Oncology/Hematology Case Management Dept, will also sit on the panel and their give personal accounts of surviving cancer.

Organizational Programs

Stress Management
Screenings
EAP Orientation

Assesments

Stress
Health Care (HCA)

Special Events

Open House
Fitness Day
Living Through Cancer

Classes

Lean Lifestyles
Divorce Adjustment-
Back to Basics
Reach for It
Job Stress

New Incentive Program

*for more information on any ¡SALUD! programs
PLEASE CALL THE ¡SALUD! OFFICE 844-8238*