

2019

NECA - IBEW Local 617 Wellness Services



MONTHLY NEWSLETTER

The NECA - IBEW Local 617 Wellness Newsletter is called "Wellness Hotwire". This monthly publication will include articles on current nutrition and exercise trends, NECA - IBEW Local 617 success stories, upcoming wellness events and challenges, healthy recipes and so much more!

To subscribe directly to the newsletter, please email
Denise Brown at
denise.brown@baysport.com

NUTRITION COUNSELING

Meet with our Nutritionist, Patti Miller, RDN, for face-to-face, telephonic or e-mail consultations to target your specific nutritional goals.

Typical touch points are nutrition for weight loss, diabetes risk reduction, cardiovascular disease risk reduction, eating on the road, and much more.

patti.miller@baysport.com

COMPLIMENTARY INJURY CHECK

Schedule a free injury check with a Physical Therapist at the BaySport Redwood Shores clinic to discuss concerns about your injury and receive clear guidelines for recovery. These may include specific exercise recommendations, a physical therapy plan or, if necessary, a referral to a physician.

Call 650-593-2800

HEALTH SCREENINGS

"Get Your Numbers" by participating in our onsite health screenings. All members and spouses are invited. You will be screened for the following:

A fasting or nonfasting fingerstick blood test for cholesterol and blood glucose; blood pressure; and Height/Weight/Body Mass Index (BMI). Conclude the screening with a one-on-one results consultation by a health coach.

HEALTH COACHING

Health screening participants will have the opportunity to work one-on-one with a personal Health Coach to improve their fitness, nutrition and overall wellbeing. Our programs have yielded life-changing results.

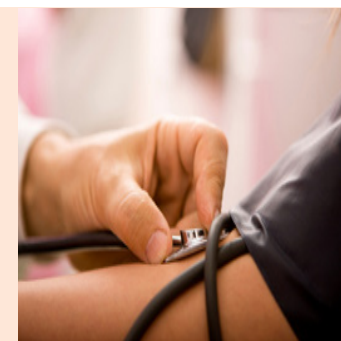
Appointments can take place in person, over the phone or by email.



Wellness Hotwire



February 2019
NECA-IBEW Local 617 Wellness
WE ARE BACK!!!! We are thrilled to announce that the NECA- IBEW 617 Wellness Program is back for 2019. BaySport will be offering you programs and services throughout the year to help you "Live Your Best Life". Watch for our monthly newsletter full of health information and upcoming program activities. Stay tuned for updates on Health Club Discounts, Health Screenings and our first Incentive Program. Please do not hesitate to reach out with any questions, concerns or suggestions!
To subscribe directly to the newsletter, please email Denise Brown at denise.brown@baysport.com and type IBEW 617 subscribe in the subject line.
Here's to a WONDERFUL AND HEALTHY 2019!



NECA - IBEW Local 617 Wellness Program Manager, Denise Brown, is available to support members with various wellness programs and events throughout the year. For more information regarding NECA - IBEW Local 617 Wellness Services, please contact Denise at denise.brown@baysport.com.

Wellness programs provided by BaySport | www.baysport.com

