

SASI PRESENTS 2ND ANNUAL WELLNESS EXPO

APRIL 26, 2013



2ND ANNUAL WELLNESS EXPO

SASI (SUPPORT ALL STAFF INVOLVEMENT) INVITED ALL USPS STAFF MEMBERS TO JOIN THEM FOR THE SECOND ANNUAL WELLNESS EXPO ON APRIL 26, FROM 1-5 P.M. IN THE RECREATION AND WELLNESS CENTER.

SASI:

"WHILE WE UNDERSTAND THAT SOME OF EMPLOYEES MAY BE UNABLE TO STAY FOR THE ENTIRE PROGRAM, PLEASE FEEL FREE TO DROP IN AND VISIT WITH US FOR THE PROGRAM(S) YOU ARE MOST INTERESTED IN ATTENDING."

2ND ANNUAL WELLNESS EXPO

AGENDA:

- **WELCOME BY DR. MARIBETH EHASZ**
- **RWC GROUP EXERCISE ROOM**
 - 1:00PP – 2:15PM – **YOGALATES** WITH STEFANIE HARMON, RWC FITNESS INSTRUCTOR
 - THIS CLASS IS A FUSION BETWEEN PILATES AND YOGA WITH STRETCHING AND MEDIATION ADDED.
- **RWC GROUP EXERCISE ROOM**
 - 2:25PM – 2:55PM – **LINE DANCING** WITH HEATHER HERRERA, RWC FITNESS INSTRUCTOR
- **WET CLASS ROOM**
 - 3:10PM – 4PM - **ERGONOMICS** WITH NOEL CRESPO, COORDINATOR/HEALTH & ENVIRONMENTAL SERVICES
- **WET CLASS ROOM**
 - 4:05PM – 4:50PM - **EMOTIONAL INTELLIGENCE** WITH BETH SCHEITZACH, COORDINATOR/HR TRAINING
- IN THIS 45-MINUTE SESSION, ATTENDEES LEARNED THE BENEFITS OF DEVELOPING THEIR EMOTIONAL INTELLIGENCE AND STRATEGIES TO BROADEN AND IMPROVE THEIR SELF-MANAGEMENT AND INTERPERSONAL SKILLS. IT WAS A FUN AND ENGAGING WAY TO END THE DAY!









EMOTNL
20 WISDOM 05

IN
NTLGNC
FEELING

