



THE HEALTH AND SAFETY FUND SALUTES ALL LDC MEMBERS FOR LABOR DAY

The health and safety fund provides resources to the members of **Local 57, 135, 332 and 413** that seeks to help build a culture of wellness by communicating the importance wellness and job safety.



WHY IS WELLNESS INFORMATION IMPORTANT TO ME?

- As a group we suffer from high rates of diabetes, high blood pressure, obesity and other chronic conditions.
- If you suffer from one of these conditions we want to get information to you about ways of coping and living with these conditions.
- If you don't currently have one of these conditions we want to give you information on how you can avoid or reduce your chance of getting one of these chronic conditions.
- Information is gold. The more information you have the better your outcomes.

SO HOW DO WE GET THE INFORMATION TO THE MEMBERS?

A few ways:

- There is a wellness champion for each local union.
- Each month the wellness champion reviews a safety and health topic with the membership.
- This year in addition to providing information on chronic conditions we are providing...and avoiding bank injuries.
- For safety we gave tips on protecting your eyes and working in heat. We also provide giveaways at the each local – we have given away resistance bands, safety goggles, and sun screen.
- Coming October 1, 2017 we will have a new website www.myLDCbenefits.org which is devoted to health and safety information
- Like Laborerstrong on Facebook at facebook.com/LaborerStrong/ between 9/4 and 9/6 and be enrolled to win a prize.



6 WAYS TO BOOST WELLNESS OVER LABOR DAY WEEKEND

It's the dog days of summer. Often in our hectic professional and personal lives we forget to take time out for ourselves, so as you head into Labor Day weekend make sure to focus on personal wellness. Here are a few sure-fire tips to make the best of this long, relaxing break:

1. **Eat healthy:** Take advantage of the season and pick up some vegetables. Cooking at home can be a fun, relaxing, and a healthy alternative to eating out.

2. **Get a good night's sleep:** Many of us are fortunate not to have to work over Labor Day making it the perfect time to start a regular sleep schedule. Remember that there's no such thing as "catching-up on sleep" but creating a regular routine right now can pay dividends for your health and well-being the whole year round.

3. **Take time to unplug:** Try taking a day or even a whole weekend to step away from the computer or television. Going analog can be surprisingly relaxing.

4. **Do something special for yourself:** Whether you're working in the garden, reading a book, or writing in your journal, take time to do something independently satisfying.

5. **Exercise:** For those of us who aren't in shape, exercise can feel daunting but even a leisurely walk can improve your mood. With the weather transitioning to fall, this weekend is the perfect opportunity to enjoy the outdoors.

6. **Spend time with family and friends:** In my opinion there's no greater joy than spending time with the people you love. Whether you're sharing a meal with family or reconnecting with an old friend on the phone, take time to enjoy your loved ones

HOW CAN I GET IN TOUCH MY THE WELLNESS CHAMPION FOR MY LOCAL?

Call your Local Union.

Call the Health and Safety Fund at 215-765-2014 ext 1235 or 1236.

Visit www.ldcphilly.org > Member > Wellness > Safety > Meet the Champions

WHAT ELSE DOES A WELLNESS CHAMPION DO?

- Serve as an ambassador and resource to your Local Union to help build a culture of wellness and job safety
- This year in addition to providing information on chronic conditions we are provided information on mental wellness, cancer screenings and avoiding bank injuries.
- Assist in communicating Health/Safety programs at Union Meetings and on job sites
- Encourage members to participate in wellness events sponsored by the Health and Safety Fund

UPCOMING EVENTS

Join the wellness champions at **Family Fun and Fitness Day on September 30, 2017**. For more information about Family Fun and Fitness Day go to www.familyfunandfitnessday.com.

Join us at the **Philadelphia Step Out Walk To Stop Diabetes November 4, 2017 @ Philadelphia Museum of Art**. Contact your local's Wellness Champion or call the Health and Safety Fund at 215-765-2014 ext 1235 or 1236 for information.

2017 Walk to End Alzheimer's - Philadelphia, Pa. Take the first step to a world without Alzheimer's. **Saturday, November 11, 2017**. Contact your local's Wellness Champion or call the Health and Safety Fund at 215-765-2014 ext 1235 or 1236 for information