



Writers' Guild-Industry Health Fund

Terence L Young, Chief Executive Officer

July 11, 2005

TO: All Covered Plan Participants
FROM: The Writers' Guild-Industry Health Fund Trustees

ANNOUNCING HEALTH CARE BENEFIT CHANGE

We are pleased to announce the following enhancement to the Wellness Benefits. Lifestyle classes offered at The Motion Picture & Television Fund Health Centers (MPTF), located in the Southern California area, and at the Actor's Fund office and Al Hirschfeld Clinic, located in the New York area, will be available to the Writers' Guild-Industry Health Fund (WGIHF) participants.

Effective July 1, 2005, the classes listed below will be offered at MPTF. Effective September 1, 2005, classes will be offered at the Actor's Fund office and Al Hirschfeld clinic. Class description and availability for the New York area will be communicated in September.

Below is a listing of the classes available at MPTF in the 3rd Quarter 2005 to all WGIHF participants for the cost of \$25.00 per class. To register for classes, please call The Wellness Program toll-free at 800-654-WELL (9355). You will be charged \$25.00 (check or cash only) at the time you attend the class and will receive a Wellness Program Receipt. You will need to submit the Wellness Program Receipt to the Fund Office for reimbursement consideration under the Health Plan. The registration and reimbursement process for the classes offered at the Actor's Fund office and Al Hirschfeld will be different and will be communicated in September.

Reimbursement for attending a Wellness Class is based on the remaining balance of the annual \$500/person or \$1500/family Wellness annual limit.

The Wellness Program is provided by The Motion Picture & Television Fund (MPTF), an organization which promotes the well-being of the Entertainment Industry through health and human services. It has been specially designed to address Industry members' needs and concerns.

COMPREHENSIVE HEALTH MANAGEMENT PROGRAMS

The Wellness Program offers several Comprehensive Health Management Programs each quarter to help you and your family members maintain an excellent level of health and well-being. These will be higher impact, more intensive courses that will run 2-6 weeks. These courses will provide in-depth support, information, and motivation. All courses will require a commitment and class size will be limited. The cost is \$25.00 per class date.

Smoking Cessation

“Hollywood Quits”, a program of the Entertainment Industry Foundation and the American Legacy Foundation® offers tailored, comprehensive smoking cessation services to entertainment industry employees. This innovative program uses scientifically proven methods to help smokers quit for good, including group or individual counseling by trained smoking cessation counselors, group support, and access to a number of different prescription and over-the-counter medications for a nominal co-pay. Counselors help smokers identify their personal reasons for quitting and smoking “triggers”, and then develop individualized quit plans. For more information, please contact The Wellness Program at (800) 654-9355, or to obtain a referral to the program, talk with your MPTF physician.

Comprehensive Diabetes Program

More than 18 million people in the U.S. have Adult-onset (Type II) diabetes. It is a leading cause of blindness, kidney failure, limb amputations and heart disease. The good news is that it can be controlled! In this course, you’ll learn about diabetes’ impact on your overall health and gain the knowledge and practical tools you need to effectively manage your life. In the 3rd session, there will be a discussion about the common conditions that are unique to the feet of people who have diabetes. You will also learn how to prevent and recognize injuries, common treatment programs for foot problems, and most importantly, how to prevent amputation.

301 Toluca Lake—August 11, 18, & 25: 7-9 p.m.

Increasing Your Fitness Level

Need more energy? Want to shed those excess pounds? How about decreasing your risk of cardiovascular disease and diabetes? Do not wait any longer to gain the wonderful health benefits that come from being more fit. These courses will discuss how to get started, what works and overcoming challenges, and success strategies for the long haul.

302 Toluca Lake—September 7, 14, & 21: 7-9 p.m.

(New!) The Stress-Energy Connection (Jackie Jaye-Brandt, M.F.T.)

Too much stress and not enough energy to face everyday life? Do you feel like you’re dragging yourself even to things you love? It’s startling how many people find out from their physicians that their physical ailments stem from emotions! Learn how to distinguish which emotions drag you down, and how to constructively deal with and handle these things so that you can bring back your natural energy and enthusiasm for life.

303 Toluca Lake--August 23 & 30: 7-9 p.m.

LIFESTYLE ENHANCEMENT SERIES

(New!) The Relaxation Response

Too much overtime causing sleep problems, irritability, frustration, anxiety, physical exhaustion and emotional fatigue? Learn to ease your tension and clear your mind to be effective and productive in three deep breaths with the “Relaxation Response” experience presented by FourSight Hypnotherapy.

304 Toluca Lake—September 15: 7-9 p.m.

305 Woodland Hills—September 22: 7-9 p.m.

(New!) Mind-Body Connection: Claim Your Personal Power

Understanding the relationship between mind and body, how each affects the other will help you maintain physical and emotional health. Learning how to connect with yourself is a rich source of power and puts balance back into your life. You will receive meditation and breathing tools for success and learn methods to create mental, emotional, physical, and spiritual fitness. Join Laurie Seligman, M.A. who will help you create solutions to your health and energy drains.

306 Toluca Lake—October 1: 9:30 a.m.-12:00 p.m.

(New!) Life in The Fast Lane: From “Burned Out” to “Set on Fire!”

Stress is an inevitable fact of life and everyone experiences some degree of stress whether they acknowledge it or not. Chronic stress may be manifested in physical pain; sleep disturbances, decreased work productivity, substance abuse and can contribute to severe medical illnesses. Positive reactions to stress can include excitement, challenges, can strengthen our defenses and stimulate us to greater productivity. Join Dr. Louise-Diana to learn about the seven areas of personal living, the power of choice, coping with stress in a positive manner, and how you can effectively manage the stress in your life.

308 Toluca Lake—August 3 & 10: 7-9 p.m.

Tackling Financial Stress: Creating Financial Freedom

Are money troubles stressing you out? If so, join Vanessa Summers, a registered investment advisor, author, and television host for this empowering lecture! You will learn to create financial goals, step beyond your fears about money, create more cash flow, and tackle credit card debt. This course will enable you to change your negative habit patterns with money, so that you can decrease the stress regarding your finances.

309 Toluca Lake—July 20: 7-9 p.m.

Communication Skills: Survival Tactics for the Jungle (Jackie Jaye-Brandt, MFT)

Learning communication skills is the most important thing a person can do to have less stress in their life. This four-part series will help you to first, develop basic but critical communication skills, including assertion, removing blame and transforming victim mentality; and then, you will learn how to deal with and survive difficult bosses, co-workers and family members.

310 Toluca Lake—July 19, 26, August 2 & 9; 7-9 p.m.

Eating for Optimal Energy

Do you feel tired most of the time? Do you have frequent energy “slumps” at certain times of the day and need tons of caffeine just to make it through the day? Your eating habits have a direct impact on your energy level! Join Robyn Goldberg, R.D. and learn how to increase your energy level by eating the appropriate mixture of carbs, protein, and fats to promote optimal energy. The timing of meals as well as the consumption of water will be discussed. Most importantly, you will learn what things to stay away from that can decrease your energy.

311 Toluca Lake—July 21: 7-9 p.m.

312 Woodland Hills- September 15: 7-9 p.m.

Time Management (Jackie Jaye-Brandt, M.F.T.)

One of the major causes of stress is an inability to properly manage time. Time is a precious gift. It is important to enjoy every moment and feel productive without feeling overwhelmed. This two-part course will teach you how to handle all your to-do's, -- both business and personal. Bring your daily planner as an essential tool for this course.

313 Toluca Lake—September 20 & 27: 7-9 p.m.

Nutrition: Super Foods for Health and Longevity

Back by popular demand! Having problems with high blood pressure, high cholesterol, the “blues” or stress? Come join Kati Konersman, R.D. for a fun, dynamic class on “Superfoods”. You will be awed how some foods can lower cholesterol, crush the “blues”, and enhance your natural desire for a zesty life. Learn practical ways to make these good tasting every day foods work for you. There are foods that recharge the brain, others that help assist with weight loss and others that give cholesterol a mighty fight...and the list goes on.

314 Toluca Lake—August 4: 7-9 p.m.

Are You Losing Sleep Over Your Aging Parents?

Are you juggling career/home/childcare/parent care? Are you the adult child assuming the role of parenting your parents? Are your concerns practical, legal, and emotional? Bring all of your questions, concerns, and your experiences to this Elder Connection Workshop. Join Janie Grauman, L.C.S.W. and Renee Gates, L.C.S.W. for a lively, informative, and interactive seminar designed to enlighten you about resources and services that are available to help decrease your stress regarding this subject matter.

315 Toluca Lake—August 17:7-9 p.m.

Body Mechanics Tune Up

Many aches and pains are the result of poor body mechanics and postural imbalances. This workshop utilizes principles from therapeutic yoga and sports medicine to help correct imbalances in the body and heightens awareness as to how to use more efficient postural habits and alignments. Through the performance of simple core resistance strength training exercises (free weights are not used) and a balanced use of muscular effort, the body becomes more efficient and effective at performing it's movements. Please come to class wearing comfortable workout clothes.

316 Toluca Lake—September 1 & 8: 7-9 p.m.

317 Westside—September 10 & 17: 10 a.m.–12 p.m.

Nutrition and Heart Health: The DASH Diet

Cardiovascular Disease is known to be linked to poor eating habits and is the leading cause of death in the United States. Learn about the DASH Diet, now considered the optimal eating program for the management of *hypertension* and heart health.

318 Bob Hope—August 27: 10 –11:30 a.m.

319 Toluca Lake—September 13: 7-8:30 p.m.

Qi Gong

Qi Gong (pronounced “chi-gong”) is an ancient Chinese art that helps build the immune system, strengthen and tone the body, and calm and clear the mind. It includes healing postures and movements, self-massage, breathing techniques, and meditations. Learn basic but powerful techniques that will both energize and relax you.

320 Toluca Lake—August 6 & 13: 10 a.m.-12 p.m.

Relaxation & Meditation

Learn to release tension and relax your body and mind - two of the most powerful skills available for decreasing stress. These skills can increase your performance by helping you find greater happiness and balance in your life.

321 Toluca Lake—August 31: 7-9 p.m.

HEALTHY FAMILY SERVICES

Adult CPR Heartsaver course

Learn to save the life of someone you love. Here is your opportunity to earn certification in CPR and other life-saving techniques. In addition to practicing these skills, attendees will learn how to reduce the risk factors for heart disease, to recognize the signs and symptoms of a heart attack, and the steps for rescuing a victim of choking. All individuals who complete this course will receive a course completion card, a credential documenting completion of a CPR course if they successfully complete the written exam and skill performance.

322 Bob Hope—July 30: 9 a.m.-12 p.m.

323 Toluca Lake—August 16: 6-9 p.m.

Pediatric Basic Life Support (Safety & Accident Prevention)

This course is designed for parents of infants and children as well as for expectant parents. Learn about infant and child CPR, including foreign body airway management, safety and accident prevention. (Please no children under the age of 12.)

324 Toluca Lake—September 24: 9 a.m.-12:30 p.m.

325 Woodland Hills—August 20: 9 a.m.-12:30 p.m.

(New!) Parenting 911 (For parents of children ages 0-5)

What are your most stressful issues with your young children? Need help with bedtime routines, eating problems, sharing, and cooperation? Join Judie Cotton, M.F.T. for an evening where you can get your specific questions answered and problems solved to make your job as a parent easier.

326 Toluca Lake—July 27: 7-9 p.m.

(New!) Parenting 911 (For parents of children elementary school age)

What are your most stressful issues with your children? Need help with bedtime routines, homework routines, cooperation, etc.? Join Judie Cotton, M.F.T. for an evening where you can get your specific questions answered and problems solved to make your job as a parent easier.

327 Toluca Lake—September 28: 7-9 p.m.

HEALTH CLUBS & CLASSES DISCOUNT PROGRAM

Discounts are available at various health clubs, fitness, and yoga studios throughout the greater Los Angeles area for WGA Participants and dependents. To obtain a listing of participating clubs and a discount voucher, please contact The Wellness Program at (800) 654-WELL (9355).