



# Writers' Guild-Industry Health Fund

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Terence L Young, Chief Executive Officer

October 9, 2006

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

## **Lifestyle Classes – Wellness Calendar**

### **Lifestyle Classes – Motion Picture Television Fund**

Lifestyle classes are made available to all WGIHF participants for the cost of \$25.00 per class. The lifestyle classes are held at MPTF facilities throughout the Southern California area. In this Wellness Calendar, pages 2-5, you will find information about all of the services and classes available to you in the Fourth Quarter.

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 Wellness Program is provided by The Motion Picture & Television Fund (MPTF), an organization that 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.

### **Lifestyle Classes – Actor's Fund**

Lifestyle classes are being offered to all WGIHF participants for the cost of \$25.00 per class. The lifestyle classes are held at the Actor's Fund offices in the New York area. See page 6 for the upcoming class available.

To register for this class, please see the individual class section for specific instructions. You will need to present the Actor's Fund office with a copy of your medical card. They will bill WGIHF directly for benefit consideration under the Health Plan. You will not pay anything at the time of your visit.

*Lifestyle class reimbursement is based on the available wellness benefit, as defined by the plan. Currently, the annual limitation is \$500 per person or \$1500 per family.*

Class descriptions for the Southern California and the New York areas are listed on the following pages.



## **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 3-6 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.

### **“Picture Quitting” The Entertainment Quit Smoking Program**

“Picture Quitting,” The Entertainment Industry Quit Smoking program sponsored by the Entertainment Industry 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 “Picture Quitting” at (818) 505-2670, or to obtain a referral to the program, talk with your MPTF physician.

### **(New!) Weight Management: Healthy Weight for Life**

Have you ever wondered why for some people, no matter how much they diet and exercise it’s still very difficult to lose weight and even more difficult to maintain the weight loss? This course is a one-of-a-kind program designed to teach you the link between psychological conflicts and weight issues. You will learn about the hidden conflicts behind obesity and weight gain. How it is programmed since childhood and how it is triggered later in life. With the use of specific, targeted techniques, you will learn how to resolve your conflicts and change your programming by using your mental resources to become thinner and stay that way.

402 Toluca Lake—October 25, Nov. 1 & 8: 7-9 p.m.

### **Comprehensive Diabetes Program**

More than 20 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.

403 Woodland Hills—November 7 & 14: 7-9 p.m.

## **LIFESTYLE ENHANCEMENT SERIES**

### **(New!) Self Esteem: Curing the “I’m Not Enough” Syndrome by Moving From Victim to Creator (Jackie Jaye-Brandt, MFT)**

If you find yourself feeling like you are just not good enough, not smart enough, not wealthy enough, etc. it's because you haven't learned the Power of Creation. This class will help you decrease stress by teaching you how to recognize your frailties and weaknesses, and then how to transform them into strengths.

406 Toluca Lake—October 26, November 2 & 9: 7-9 p.m.

### **(New!) Stress Management-Free Yourself - Moving Past Your Parents and Your Past (Jackie Jaye-Brandt, MFT)**

Haven't we all had enough of thinking about and listening to ourselves and others complain about what happened in the past? This class will allow you to truly enjoy family, friends and the holidays because you will no longer be carrying your pain with you. Participants must be ready to forgive.

407 Toluca Lake—November 14, 21, 28, December 5, & 12: 7-9 p.m.

### **(New!) Everybody's Guide to Health & Fitness**

Be proactive by learning what types of lifestyle habits you can acquire now that will help you and your family members live long healthy lives. Learn how to tie in friends or family activities to overall fitness, and incorporate techniques for preparing quick and simple healthy meals for you and your family into your busy schedule.

408 Toluca Lake-October 18: 7-8:30 p.m.

### **(New!) Taking a Minute to Move Better, Feel Better and Live Better**

Do you have a minute? On the set, you may find a minute to visit craft services or make a quick call between takes. At home you may have a minute to read some e-mail or reheat that latte. We have these “commercial breaks” in life that help us pause and shift gears to focus on the task at hand. What if these shifts also gave us the opportunity to notice how we do what we do, and more importantly, give us choices in our movement habits? Join Darcia Dexter to learn quick and easy moves to help you reduce pain, fatigue, and stress, increase flexibility, and have more energy throughout your day. Learn how making better movement choices now can make a radical difference in your health and well being for years to come!

409 Toluca Lake—October 19: 7-9 p.m.

410 Westside—November 18: 10 a.m.–12 p.m.

### **(New!) How To Cure The Mid-Career Blues**

It hits some of us in our mid 30's, others in our 40's or even 50's. It starts with a vague feeling: something's missing. Who we are and what we want is changing. The goals of youth need to be revised. Our careers need to evolve with us. Like all long journeys, life requires mid-course correction. In this class you'll learn a revelatory new approach to finding the answers. You'll embark on a purpose quest. It's a structured and inspiring way to find your 'inner grail' and put your discoveries into action. This class is taught by Dr. John Drimmer, an executive producer who ten years ago cured himself of the mid-career blues. By making these changes, you'll improve the quality of your life at work, at home, and achieve the well-being that's at the heart of what you want.

411 Toluca Lake—December 6: 7-9 p.m.

**(New!) A Ph.D. In Joy**

Real joy is the treasure we all seek and what makes life worthwhile. Without it, success means little. Philosophers have always pondered how to find happiness-but offered no map or compass. Now that's changed. Revolutionary discoveries are unlocking the portals to happiness. Here's your chance to learn how these discoveries can change your life. This class is for anyone who wants to dramatically improve their lives. You'll get a power course in the life-changing research from Harvard, Penn, Berkeley, and dozens of other research centers. Join Dr. John Drimmer and learn skills proven to help you increase the joy, pleasure and fulfillment in your life. You'll be happier, more connected to loved-ones and co-workers, less stressed and healthier.

412 Toluca Lake—November 16: 7-9 p.m.

**Clearing Up The Confusion Among Dietary Supplements**

There is a lot of new information in the media about supplements. Do you want to make sure you are taking the right supplements? Don't miss this informative workshop by Robyn Goldberg, R.D. on reading the labels of supplements, what to look for, how to understand if you are actually absorbing what the bottle says you are getting, and how to get these vitamin and mineral sources in various foods.

413 Toluca Lake—October 24: 7-9 p.m.

**Even More Weight Loss Skills: Simplify Your Life, Save Time and Energy**

Knowledge is power! Get rid of self-destructive patterns and replace them with positive action. Come join Wendy Wood, Professional Weight Loss Coach to learn how to fortify yourself with tools you can use grocery shopping, eating out and dealing with life's challenges! Use your time efficiently while making healthy choices by having real information that will guide you when you need it most—tired when grocery shopping, in a hurry to fix meals, and at the mercy of restaurants' menus.

414 Westside—November 4 & 11: 10 a.m.–12 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.

415 Toluca Lake—October 28 & November 4: 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.

415 Toluca Lake—November 29: 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.

417 Toluca Lake—October 21: 9 a.m.–12 p.m.

418 Woodland Hills—November 29: 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.)

419 Toluca Lake—December 9: 9 a.m.-12:30 p.m.

### **(New!) Sibling Rivalry**

Since Cain and Abel it has been around. Join Judie Cotton, MFT and learn when it is really a problem or “normal.” You will also learn some strategies to lessen it and to help kids understand it. Get the inside track on recognizing it before it is out of control.

420 Toluca Lake—November 7: 7-9 p.m.

### **(New!) “You Can’t Make Em”....Eat , Sleep, or Use the Toilet!**

This course is for parents of children ages 0-4 years of age. Join Judie Cotton, MFT and learn what you can do to stop the battles. This discussion will include how to gain cooperation and build a sense of independence and self worth in your child. You will learn your role as a parent, and the natural limits of the developing child. Most importantly, you will learn to switch from being a commander to a collaborator.

421 Toluca Lake—November 15: 7-9 p.m.

### **(New!) How to Truly Help Your Child with Academic and Social Issues**

Is your child struggling in school? Does your child just not seem to fit in? Do you sometimes wonder whether there’s something wrong with your child? Don’t know what to do or who to talk to? Come join Dr. Ilana Kukoff and learn the tools to determine, in a scientific manner, if something is, indeed wrong... and if so, where to go and what you can expect from your local school district and medical experts.

421 Toluca Lake—October 17: 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 MPIHP Participants and dependents. To obtain a listing of participating clubs and a discount voucher, please contact The Wellness Program at (800) 654-WELL (9355).

For All  
Entertainment  
Professionals  
**The ACTORS' FUND**  
OF A M E R I C A  
**Fall 2006**  
**Workshops**

**STRATEGIES FOR FIGHTING DEPRESSION & ANXIETY**

Strategies for Fighting Depression & Anxiety are a confidential group focused on teaching basic tools to help you manage your mood. Unlike traditional talk therapies, this structured group will feature weekly guided exercises and homework assignments with the goal of helping you take control of how you feel. To ensure a positive group experience, an interview is required.

**Location:** *The Actors' Fund offices  
729 Seventh Ave., 11<sup>th</sup> floor*

**Hours:** *2:00 p.m. to 4:00 p.m.*

**Date:** *Tuesday, October 17, 2006*

**Contact:** *Marjorie Roop, LCSE*

**Phone:** *212-221-7300, extension 191*

**Contact  
Email:** [mroop@actorsfund.org](mailto:mroop@actorsfund.org)

**Program:** *Entertainment Industry Assistance Program*