



Writers' Guild-Industry Health Fund

Terence L Young, Chief Executive Officer

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

Lifestyle Classes – Wellness Calendar

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 are made available to all eligible Writers' Guild-Industry Health Fund (WGIHF) participants for the cost of \$25.00 per class. The lifestyle classes are held at the MPTF facilities throughout the Southern California area. In this Wellness Calendar you will find information about all of the services and classes available to you through the month of June 2009.

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.

Lifestyle class reimbursement is based on your eligibility of coverage at the time the class is taken and subject to the Plan's wellness benefit maximum. Currently, the annual limitation is \$500 per person or \$1500 per family.

Class descriptions for the Southern California area 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 usually 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.

(New!) Moving Yourself To Action: Exercise Readiness Training

Are you struggling getting started or sticking with your exercise program? IT'S NOT YOUR FAULT. Starting and sustaining a successful, long term health and fitness program has nothing to do with enduring discomfort, having enough willpower, discipline or physical ability. It has nothing to do with joining a gym or hiring a personal trainer. It has everything to do with your **readiness** to begin an exercise program and integrating the tools, education, and support to reconnect with your own internal drive to move forward and succeed. Join exercise physiologist, Susan Block who will help you to identify your personal level of readiness **to start** a fitness program. Then, you will integrate the appropriate tools to customize an internal self-management motivation system that will compel you to move forward along the readiness continuum with ease and confidently sustain your long term success on your own terms.

- 201 Toluca Lake—May 14 & 21: 7:00 p.m. - 9:00 p.m.
202 Woodland Hills—April 23 & 30: 7:00 p.m. - 9:00 p.m.

Eliminate Stress by Learning How To Communicate Effectively (Isabel Smalios)

Stress is increased by conflicts triggered by poor communication skills in many areas of our lives, whether they relate to family, friends, or co-workers. In this workshop you will learn and train in order to be able to express your point of view in any circumstance while keeping a good rapport. You will master the use of language in order to persuade and have greater impact while maintaining ethics and respect toward the people you interact with. Your stress level will decrease considerably because you will feel heard and understood as a result of effective communication skills. Feel calm and successful when you communicate in any given situation.

- 203 Toluca Lake—April 21, 28 & May 5: 7:00 p.m. - 9:00 p.m.

Diabetes Management: Nutrition and Carbohydrate Counting (Martha Walker)

The purpose of this two-session course is to provide information to patients with diabetes to learn appropriate nutrition management. This class will address carbohydrate counting, meal planning, label reading and managing blood sugar. You will learn specific skills that will help you better manage your diabetes.

- 204 Toluca Lake—June 4 & 11: 7:00 p.m. - 9:00 p.m.

LIFESTYLE ENHANCEMENT SERIES

New!) Stress Management: Be at Peace With Money—No Matter What!

Unemployment, Strikes, Inflation, Stock Market Crashes, Plummeting Real Estate Values. Are you worried about not having enough money to pay the bills at the end of the month? Are you concerned about not being able to retire—ever? If there was ever a time that people were anxious about their money—this is it. Yet there are small steps you can take today that will transform your financial situation from nervous to nirvana. Join Neal Frankl and learn how to spend five minutes a month and have your budget completely under control. Understand how your assets, income and expenses can **REDUCE** your financial anxiety. Get the truth about investing and investments—avoid the 5 mistakes that cost people a fortune.

- 205 Toluca Lake—May 20: 7:00 p.m. - 9:00 p.m.
206 Woodland Hills—June 4: 7:00 p.m. - 9:00 p.m.

(New!) Stress Management: Tough Times Never Last, But Tough People Do

How we talk and how we listen are always important, but when the pressure is on they become even more important. During stressful times it is easy to experience misunderstandings that sometimes result in adding more stress to the situation. At times like this, it is helpful to reexamine how we communicate, stay centered and in balance. Whether we are communicating with lenders, creditors, co-workers or family members, the three principles for effective communication are speaking carefully, listening effectively and responding accurately. Join Louise-Diana, Ph.D. And learn how to let go of the stress that accompanies any tough time, how to guard your attitude from demoralizing negativity, how to get and keep your financial situation in order, how to keep going when you feel like quitting, how to fortify your spiritual reserves and how to overcome setback and failures.

207 Toluca Lake—April 22 & 29: 7:00 p.m. - 9:00 p.m.

(New!) Fitness: Movement, Motion, Momentum and Magic!

Have you stopped exercising? Are you feeling sluggish and unmotivated? Has a past injury stopped you from taking up a new exercise plan? Fear not! Let Wendy Wood help you create a Movement plan that suits your needs. Balancing cardio health with strength, flexibility and agility will allow you to move better, stand taller and be calmer. We will be discussing the use of aerobics, interval training, cross-training, use of the stability ball, resistance band, and how to give yourself real nourishment. “Magic” like “luck” occurs when preparation meets opportunity. By ridding yourself of the aches and pains that inhibit you and by moving more, you prepare yourself for a little “Magic” to come into your life!

208 Toluca Lake—April 25: 10:00 a.m. - 12:00 p.m.

(New!) The Lowdown on Low-Carb Diets

Are you confused about all the many diets you see in the media? It seems that the low-carb diets are the ones getting the most attention. Join Robyn Goldberg, R.D. for this two hour class that will discuss the premise of a low-carb diet and why it has been successful. Popular diets will be reviewed as well as what a healthful eating plan should involve. The advantages and disadvantages will be disclosed as we take a closer look at this popular craze.

209 Toluca Lake—April 23: 7:00 p.m. - 9:00 p.m.

(New!) Bone up on Your Nutrition: Osteoporosis Prevention

Osteoporosis is a silent disease that makes bones prone to fracture and is a major public health threat for more than 28 million Americans. The good news is that it can be prevented and treated. This two hour class led by Robyn Goldberg, R.D. will discuss the calcium needs for men and women during the lifespan including menopause, as well as how to assess your risk for osteoporosis. Hot topics such as Vitamin D, supplements, and calcium-rich food sources will be discussed. You will also learn how to develop an action plan to allow your bones to be the strongest that they can be.

210 Toluca Lake—June 18: 7:00 p.m. - 9:00 p.m.

211 Westside—April 25: 10:00 a.m. - 12:00 p.m.

(New!) Stress Management: You Are What Your Think...Gain Control of Your Thoughts

What you think most intensely about you have a tendency to experience. It's a difficult time right now and people have fearful thoughts about work, finances and health that are affecting the body. Laurie Seligman M.A. will teach you conscious awareness of the thoughts you are currently choosing so you can make a better choice rather than repeat the same thought patterns over and over. Stop snapping back like a rubber band. It takes practice to choose the thoughts that build the road to the goals you imagine. When you choose a different thought, you see, hear, and feel new possibilities.

212 Bob Hope—May 16: 10:00 a.m. - 2:00 p.m.

213 Toluca Lake—June 2: 7:00 p.m. - 9:00 p.m.

(New!) Sound Solutions for Health (Laurie Seligman, M.A.)

For those uncomfortable or lacking confidence in meditation skills—take this class and grasp simple solutions for “re-calibrating” from stress. Different types of music will be played during the class following a short class discussion. Experience the benefit of the relaxation response done in a group setting rather than in isolation. Participants will learn on the spot de-stressing and re-patterning techniques to maintain better health awareness.

214 Toluca Lake—June 9: 7:00 p.m. - 9:00 p.m.

(New!) Diabetes: Monitoring Your Blood Glucose

Join us for a conversation about the importance of monitoring your blood glucose, managing high and low blood glucose, and how to use the results from monitoring to better manage your diabetes. Engage in an open discussion with others led by certified diabetes educator, Nancy Fisher, RN, CDE. Learn from the knowledge and experiences of one another. This session is designed to help you discover what you want and need to know about how blood glucose monitoring can help you or a loved one manage diabetes. This is Session C of a four-part Diabetes series that can be taken in any order.

215 Woodland Hills—June 20: 10:00 a.m. - 12:00 p.m.

(New!) Weight Management: Life Management Tools Vs. A LIFETIME OF DIETING

With all of the diet and exercise information available, knowing what to do to be healthier is not the question, but rather, how to do it. Food is often used to manage the “hunger” that exists from real issues that you have not found solutions for. Join Jenine Weyrauch, M.A. as she shows you how to apply this information to your lifestyle and life’s challenges. If you have been struggling with your health and wellness goals, don’t miss this class and get real answers to real issues.

216 Toluca Lake—May 6 & 13: 7:00 p.m. - 9:00 p.m.

Stress Management: How To Remove Your Inner Obstacles and Experience Your Success (Wendy Wood)

Get ready to experience a different perspective about your problems and your life! You will learn to reframe your inner obstacles as an occasion for self-development. Learn techniques to embrace ALL aspects of your life. Learn to significantly decrease your stress, turmoil, pain and suffering and increase your problem-solving skills, joy, peace and success.

217 Toluca Lake—June 17 & 24: 7:00 p.m. - 9:00 p.m.

218 Westside—May 30 & June 6: 10:00 a.m. - 12:00 p.m.

Reduce Your Stress Through Guided Imagery (Maile Gray, C.Ht.)

We are all aware that stress can accumulate over time and negatively affect all areas of life, our physical, our mental and emotional health. The stress in our life also has a huge impact on our most important relationships. Imagery is one of the most beneficial skills you can learn for your own physical, mental, and emotional health and well-being. Experiencing Guided Imagery will teach you to relax and open the door to use your own inner imagery with skill and purpose.

219 Toluca Lake—May 7: 7:00 p.m. - 9:00 p.m.

The Behavioral Lab: Getting Rid of Bad Habits (Isabelle Smalios)

Do you have limiting habits? If you do, how come you don’t act upon the decisions you make regarding the behaviors you want to stop like smoking, overeating, drinking, and getting up late or procrastination? During this class, you will learn the cause of limiting behaviors and simple ways to eliminate them. Consequently, by getting rid of habits which hinder our life, you will get empowered to create a new path for your future. You will unleash the potential of the human being inside you, which is waiting to reveal itself.

220 Toluca Lake—May 12: 7:00 p.m. - 9:00 p.m.

221 Westside—May 9: 10:00 a.m. - 12:00 p.m.

Bones for Life®: Movement to Strengthen Bones

Do you want to improve your bone strength, balance and posture? Through the innovative system of Bones for Life®, your body trains itself for good skeletal alignment with quick and effective moves that make life easier whether it's getting out of the car, going up and down the stairs or standing in line at the grocery store. Bones for Life® was created by Ruth Alon, one of the first students who trained with Dr. Moshe Feldenkrais in the 1960's. Participants of classes have shown increased bone density, higher quality of aging and have discovered some secrets of just plain feeling good! This introductory class is taught by Darcia Dexter who is a certified teacher of Bones for Life® and the Feldenkrais Method®.

222 Toluca Lake—June 23: 7:00 p.m. - 9:00 p.m.

HEALTHY FAMILY SERVICES

Adult CPR Heartsaver course

This course is designed to teach CPR to those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. A two-year certification card is issued to students who complete the skills successfully. The curriculum consists of Adult and Child CPR, relief of choking and the use of barrier devices. Also included is a discussion about the risk factors leading to heart disease and stroke, prudent heart living, signs and signals for action, and the chain of survival.

223 Toluca Lake—June 3: 6:00 p.m. - 9:00 p.m.

CPR for Family and Friends

This course teaches CPR to parents and members of the community who want to learn CPR, but do not need certification for their job requirement. This program teaches infant/child/adult CPR and how to help a person of any age group who is choking. There is an overview of infant and childhood safety and accident prevention. (Please no children under the age of 12.)

224 Toluca Lake—June 13: 9:00 a.m. - 12:30 p.m.

225 Woodland Hills—May 2: 9:00 a.m. - 12:30 p.m.

(New!) What Your Pre-Teen and Teen Want You to Know (Judie Cotton, MFT)

The adolescent journey is a roller-coaster ride for the teen and for the parent. Part of the problem is that communication gets off track. Teens do not want to listen (they know it all). Teens do not want to talk (one word answers are all one gets). This class will let you know what is not being said by your teen and help you find ways that may help them listen to what you are saying. Find out why you are the person with the best chance of guiding your teen. It is not too late. You can communicate.

226 Toluca Lake –May 19 & 26: 7:00 p.m. - 9:00 p.m.