

THE NATIONAL INSTITUTES OF HEALTH

SAFETY, HEALTH & WELLNESS DAY



WEDNESDAY, AUGUST 26, 2015

9:30 a.m. – 2:00 p.m.
Natcher Conference Center (Bldg. 45)

THE NATIONAL INSTITUTES OF HEALTH

SAFETY, HEALTH & WELLNESS DAY

OPENING CEREMONY

with

Alfred C. Johnson, Ph.D.
Director, Office of Research Services

Natcher Conference Center, Kirschstein Auditorium

9:30 a.m.


Welcome	Alfred C. Johnson, Ph.D. Director, Office of Research Services
Opening Remarks	Alfred C. Johnson, Ph.D. Director, Office of Research Services "Look Back to See Forward"
Recognition Awards	Alfred C. Johnson, Ph.D. Director, Office of Research Services
Guest Speaker	Anita L. Schill, Ph.D., MPH, MA Senior Science Advisor to the Director National Institute for Occupational Safety and Health U.S. Department of Health and Human Services
Closing Remarks	Alfred C. Johnson, Ph.D. Director, Office of Research Services
Webcast	This presentation will be archived for viewing at: http://videocast.nih.gov

Following the opening ceremony, please proceed to the exhibits, demonstrations, clubs & services.





Exhibits, Training Demonstrations, Clubs & Services

10:30 a.m. – 2:00 p.m.

LOWER LEVEL		ACTIVITIES AND CLASSES
Rooms C1/C2	Fitness Assessments (Registration Required)	11:00 a.m. – 2:00 p.m.
Rooms G1/G2	Health Screenings (No Registration Required) <ul style="list-style-type: none">Blood PressureBone Density/OsteoporosisDerma ScanGlaucomaSeated Massages	11:00 a.m. – 2:00 p.m.
Rooms E1/E2	Fitness Classes (Registration Required)	
	Vinyasa Yoga with Jan	11:00 a.m. – 11:30 p.m.
	Cardio Kickboxing with Robin	11:30 a.m. – 12:00 p.m.
	Zumba with Valerie	12:00 p.m. – 12:30 p.m.
	Belly Dancing with Sahara Dance	12:30 p.m. – 1:00 p.m.
	Pound with Ashley	1:00 p.m. – 1:30 p.m.
	Pilates with Susan	1:30 p.m. – 2:00 p.m.
Rooms F1/F2	Zumba with Valerie	11:30 a.m. – 12:00 p.m.
	Tabata Training with Ashley	12:30 a.m. – 1:00 p.m.
	Cuban Rumba with Chip	1:00 p.m. – 1:30 p.m.
Room A	Krav Maga with Pure Performance	1:00 p.m. – 1:30 p.m.
Room B	Fitness Boot Camp with Pure Performance	1:00 p.m. – 1:30 p.m.
	Boxing with Pure Performance	1:30 p.m. – 2:00 p.m.
Auditorium	(No Registration Required)	
	Salsa with Tish	11:00 a.m. – 11:30 a.m.
	Bachata/Afro Latin Dance with Tish	11:30 a.m. – 12:00 p.m.
	Akido Club with Irvin	12:30 p.m. – 1:00 p.m.
	Krav Maga (10 min.) - Fitness Boot Camp (10 min.) • Boxing (10 min.)	12:00 p.m. – 12:30 p.m.
	Young at Heart Tap Dancers	1:00 p.m. – 1:30 p.m.
	Ballroom Dance (Swing) with Chip	1:30 p.m. – 2:00 p.m.
UPPER LEVEL		ACTIVITIES AND CLASSES
Balcony A	Spinning with CYCLED!	11:30 a.m. – 2:00 p.m.

LOWER LEVEL		SERVICES & CLUBS
• R&W Fitness Program 	• Judo Club	• R&W Weightlifting Club
• Akido Club	• NIH Bicycle Club	• R&W Camera Club
• Blacks in Government	• NIH Blood Bank	• Sang Chiropractic
• Division of Amenities and Transportation Services (DATS)	• National Institute of Mental Health	• Young at Heart Tap Dancers
• Division of Nutrition Research and Coordination	• National Library of Medicine	• R&W Seated Massage
• Eurest Dining Services - Healthy Tastings	• Pure Performance Training	

THANK YOU for participating and being part of NIH Safety, Health and Wellness Day 2015!

ATRIUM (UPPER LEVEL)		TABLES
A1	Maryland Highway Motor Vehicle Administration	
A2	Montgomery County DOHT Pedestrian Safety	
A3	Office of Human Resources – Work Schedule Flexibilities	
A4	Is Traffic Ruining Your Morning? Traffic.nih.gov Team 	
A5	Feds Feed Families	
A6	NIH Workers Compensation Program	
A7	Occupational Medical Service	
A8	Employee Assistance Program	
A9	Rick Baumann, Ph.D., NIH Biosafety Officer, PI Dashboard Demonstration	
A10	Division of Fire and Rescue Services	
A11	Division of Emergency Preparedness and Coordination	
A12	Division of the Fire Marshall	
A13	Chesapeake Region Safety Council	
A14	The Healthy Back Store	
A15-16	Division of Radiation Safety 	
A17-18	Division of Occupational Safety and Health, In Focus Photo Contest, Mission First-Safety Always Award 	
A19	Grainger	
A20	U.S. Occupational Safety and Health Administration 	
A21	Fischer Scientific	
A22	Office of Human Resources – CIVIL	
A23	Office of Equity, Diversity and Inclusion (EDI)	
A24-26	IC Co-Sponsor – National Cancer Institute	
A27	National Biosafety & Biocontainment Training Program	
A28	NIH Ombudsman Office	
A29	NIH Division of Police – Tactical Unit	
Balcony B	NIH Division of Police – Active Shooter Interactive Demonstration	
A30	Division of Occupational Health and Safety – CPR and AED Training Exhibit	
A31	Rescue One for Life	
A32	National Capital Poison Control Center 	
A33-34	Division of Environmental Protection	

Passport Information

Collect stickers from the 6 “starred”  exhibitors to complete the “Safety Passport” provided at the event and be eligible for one of three prize drawings.

LOBBY (UPPER LEVEL)		TABLES
NIH Dependent and Elder Care Information & Resource Fair		
Information on respite care, hospice, transportation assistance and more Medicare and Medicaid Information • Elder Care Housing Options • National Institute on Aging NIH Back-up Care Program • NIH Elder and Adult-Dependent Care Resource and Referral Program Office of Human Resources • Employee Assistance Program • Clear Captions Communications Legal Information such as power of attorney, living wills, and more... “Ask the Dependent Care Specialist”- Sign up at the event for a 10-minute free consultation from 11 a.m. - 1 p.m.		

Sponsored by: Office of Research Services; Office of Research Facilities; NIH Occupational Safety and Health Committee; IC Safety and Health Chairpersons Committee; Laboratory Sustainability Group and Special thanks to our 2015 IC Co-sponsor: THE NATIONAL CANCER INSTITUTE