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Welcome:

As you are starting to read & learn more about, the FEW (Fairhaven Employee Wellness Committee) is busy meeting to submit our plan into the state to get Grant funded monies. Based on our employees needs survey, Stress & Weight Management were the biggest needs.. and we are busy scheduling classes & fun things to meet those needs. We hope you will join us in some upcoming planned activities.

Update to the Biggest Loser Challenge:



The Town has 32 employees on the Biggest Loser Challenge.. a FEW ☺ from town hall, the wood school, rec center, east Fairhaven, middle & the high school.

We're all LOSERS & seeing ourselves disappear each week! It's been a great success & ends April 1st! We'll have winners announced by end of April. Thanks to all who are participating!

ACTIVITY CHALLENGE:

The Spring Activity Challenge Starts April 11th, sponsored by the Town of Fairhaven Wellness Committee. It's a 6 week spring activity challenge to help promote fun & healthy team competition. If you are already a BCBS subscriber (get health insurance from the Town-you already have access to the "ahealthyme" website and HealthyNow app. Just sign up at the site & log on.. signing up by March 18th!! If you are NOT a subscriber, you need to send Ashlee Lentini (alentini@fairhaven-ma.gov) your information..name, address, date of birth & last 4 digits of your SSN..you will be sent an access code & you'll be off & running!! It's a 6 week challenge.. & will start on April 6th.

Diabetes Prevention Program - YMCA



Still time to sign up for the Diabetes Prevention Program.. Anyone interested can take the short "Risk Quiz" to see if you qualify. Contact Dara at 508-995-9622 x141 or email: ymcadpp@ymcasouthcoast.org. Each recipient of the grant \$\$ will receive a FREE one year membership to the Y, as well as training from a lifestyle coach.



LIKE our Facebook Page:
**Fairhaven Wellness
Committee**

SAVE THE DATE: Friday, April 8th

3:30p.m. to 6:00 p.m. at the Fhvn. Rec Ctr.

We are excitedly planning a **KICK-OFF MINI HEALTH FAIR.**

We will have booths & vendors available.

We are hoping ALL Town Employees & their families will come & see what we are all about & the fun, competitive things we are planning!

Dartmouth Total Fitness

will be on hand for sign-ups of a few classes that will be offered
in the near future!

Blood pressure screenings, American Heart Association,
Bikeway Committee, Lions Club

A Spiritual Medium will be present as well. (\$20 for a 10 min reading)

Some special guests will also be present!

It's something YOU don't want to miss & can come right from WORK..

We will be giving away PEDOMETERS to the first 50! Employees!!

SAVE THE DATE!! SAVE THE DATE!!

Next Volleyball Game: Sunday, April 3rd – 6pm – 7:30pm at Fhvn. Rec Ctr

Hope to see you there!! It's a lot of FUN!!

MOVE MORE .. STRESS LESS!!

