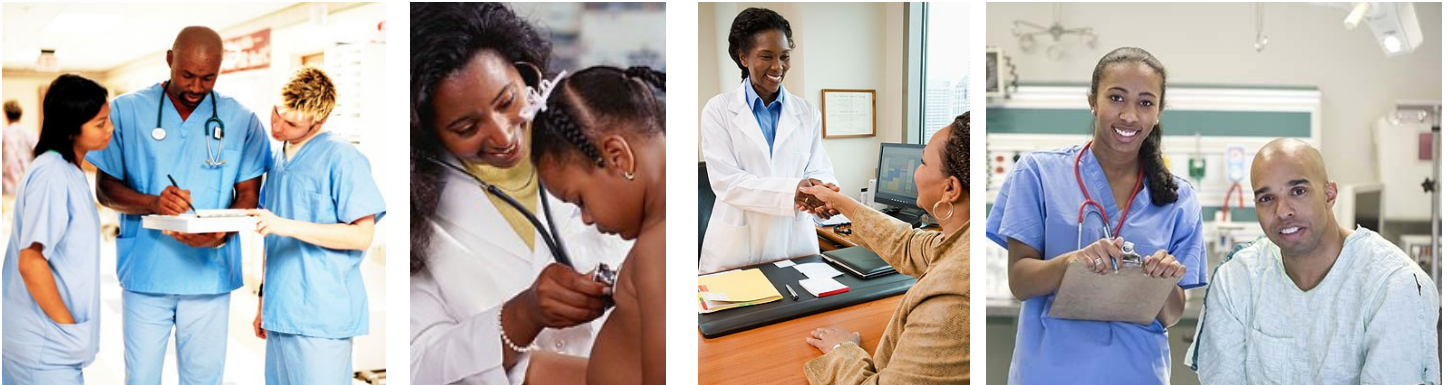


**Local 100 Members**

# **NAVIGATING HEALTH BENEFIT CHANGES**



*and how it affects you*



**Join your union for this important and informative one-day program on Health, Wellness, and Safety**

**Saturday, August 20th • 9AM - 4PM**

**At the Murphy Institute for Worker Education and Labor Studies  
(25 West 43rd Street, 19th floor New York, NY 10036)**

*Breakfast and lunch provided.*

**RSVP required (registration form on the back).**

**Open only to members in good standing.**

**The following topics will also be covered:**

**Workplace Safety**

**Occupational Athletics**

**Preventable Diseases**

**Women's Health**

**Physical Therapy & Pain Management**

**Stresses on the Job**

**Heart Health**

**Pensions**

***Featuring a special panel on Transit Worker Safety with***

- Assemblyman Rory Lancman (Chair, Assembly Subcommittee on Workplace Safety)***
- Councilman James Vacca (Chair, NYC Council Committee on Transportation)***

**Call the Union Hall for more info: 212-873-6000 exts. 2026, 2060 or 2157**

**Or visit [www.twulocal100.org](http://www.twulocal100.org)**



Register to attend

**TWU Local 100's  
Health and Wellness Forum  
August 20, 2011**

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**LIMITED SPACE— YOU MUST PRE-REGISTER.**

**Please PRINT clearly and fill out all spaces on this form.**

\_\_\_\_\_

Pass #

\_\_\_\_\_

First name

\_\_\_\_\_

Last name

\_\_\_\_\_

Department

\_\_\_\_\_

Tour & RDO

\_\_\_\_\_

Email address

\_\_\_\_\_

Mailing address

\_\_\_\_\_

City, State, ZIP

\_\_\_\_\_

Home phone #

\_\_\_\_\_

Cell phone #

**# of Guests Attending (including yourself):** \_\_\_\_\_

FAX ALL REGISTRATIONS

**212-245-4102**

