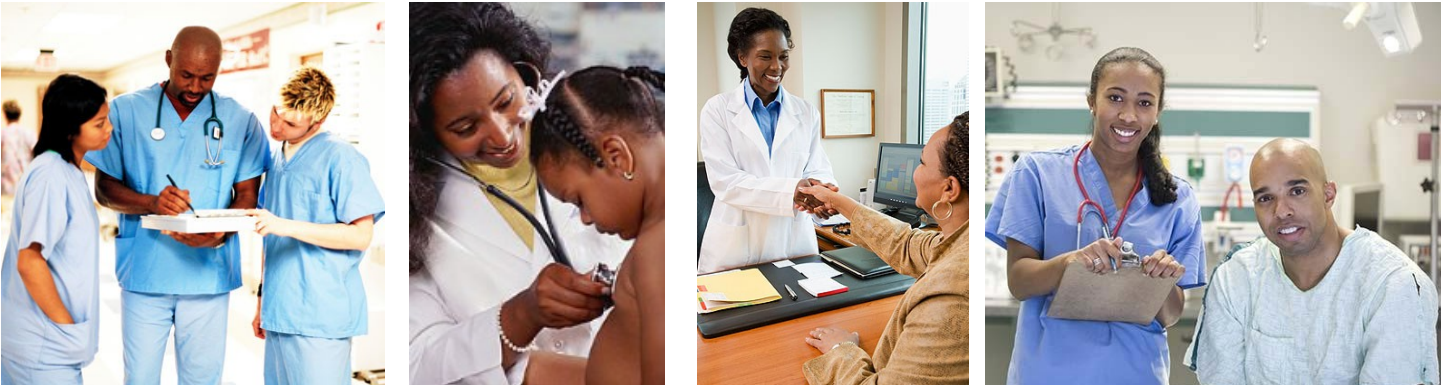


Local 100 Members

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**



Register to attend

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

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



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