



USDA Hosts National Work and Family Month Open House and Expo

October 16 from 11:00 am to 2:00 pm

Whitten Building (25+ Exhibitors, Displays, Vendors)

The USDA's theme is *"Bringing Workplace Flexibilities and Worklife Balance Into the 21st Century"*.

USDA is proud to support flexibility in the workplace and work-life programs by hosting this event. Employees are encouraged to take this time to reflect on USDA's progress in fostering a flexible and supportive workplace. By supporting work-life benefits such as flexible work schedules, telework, health and wellness programs, dependent care and community involvement, among other workplace programs, USDA will continue to attract, motivate and retain a talented, diverse and inclusive workforce.

PRESENTATIONS (pre-registration required by sending an email to wellness@dm.usda.gov)

Are You Healthy?

Dr. Renette Dallas, Naturopathic Doctor (ND)... 11:00 - 11:45 am

(Minister, Author, Lecturer, Certified Fitness Trainer, Raw Food Chef, and most notable "presenter extraordinaire" with expertise in herbal detoxification and nutritional healing)

Bright Horizons Family Solutions

Andrea Wicks Bowles, Worklife Consultant 12:00 - 12:45 pm

(A demonstration on how workplace flexibilities and worklife programs at USDA can work for you to help balance work/life.) FOR EMPLOYEES AND SUPERVISORS.

Balancing Work and Personal Life

Rebecka Mevorah, Field Consultant, Federal Occupational

Health 1:00 - 1:45 pm

(Find a peace of mind. Learn to better manage responsibilities in order to maintain a happier, more balanced life.)

ACTIVITIES

Health Assessments (Registration required, see below*)

(Heart Function, Stroke Prevention, Vascular, Body Composition, and Lung Function Screenings) Screenings: Heart Function/Echocardiogram Ultrasound, Stroke/Carotid Ultrasound, Abdominal Aortic Aneurysm Ultrasound, Peripheral Arterial Disease Doppler, Lung Function/Spirometry, ECG Monitor, Body Composition)

*For additional information and to make an appointment, call American Screening Association, Inc., at (800) 686-3035 or email amscreen@msn.com. Screenings are normally eligible under Flexible Spending Account benefit.

Office Yoga Sessions

Learn to relax body, mind, and soul. (Pre-registration required by sending an email to wellness@dm.usda.gov)

Anita Kapoor, Rural Development

- Standing Yoga..... 11:00 - 11:45 am
- Chair Yoga 12:00 - 12:30 pm
- Standing Yoga.....1:00 - 1:45 pm

For accommodation or additional information regarding these activities, contact Juliet McBride, FFAS Worklife and Wellness Program Manager at (202) 401-0683, TTY dial 711, email at juliet.mcbride@wdc.usda.gov. A sign language interpreter will be available.

Don't Miss the Open House! October 16 from 11:00am-2:00pm

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