



Laborers' District Council
Benefit Funds

475 N. 5th Street, 2nd Floor ♦ Philadelphia, PA 19123

The Laborers' Benefit Funds proved that a healthy lifestyle can incorporate great food, exercise, and essential health awareness – along with fun – during a day that was enjoyed by more than 600 attendees.

With something for the young, the young-at-heart, and everyone in between, the balmy day provided just the right backdrop for the members of Locals' 57, 135, 332, and 413 and their families who converged on the grounds of the Laborers' District Council Training Center in Exton, PA, during the Funds' **Family Fitness & Fun Day** held October 8, 2011.

From non-stop screenings that included checks for blood glucose, cholesterol, blood pressure, and BMI (body mass index) to information on mammograms, tobacco cessation, and dental care, multiple health care providers were on-hand to ensure that attendees were armed with important current and preventative information. Workshops on *Identify Theft*, *Selecting a Doctor (PCP)*, *Preparing for Retirement*, *Insurance Basics*, *Legal Issues*, *Annuities*, and *Investment Literacy* provided important strategies for personal planning and protection.

The day's healthy food fare was said by many to be, in a word, "great!" Indulging in turkey burgers, salads, and an assortment of other choice menu selections showed attendees that good taste and good health can go hand-in-hand.

In the midst of it all, there were contests, fitness work-outs, and prize drawings.

Basketball shots, races, and workout routines allowed participants to show off their athletic abilities and other skills throughout the day. Zumba was one of the hottest attractions and attracted a lively cross-section of those who burned calories during the dance-fitness party that took place. Dan Woodall, Business Manager for Local 135, was the day's fitness guru, while Sam Staten, Jr., Business Manager for Local 332, emerged as the event's food critic and enthusiast. And in promoting the need for ongoing health awareness, the late James Harper, Sr., Business Manager for Local 413, emphasized the importance of members knowing their family health history.

Prize winners took home MP3 players, high caliber food scales, and a new bike. Cheers of excitement greeted the winner of the grand prize, a 50" flat screen television, whose name was pulled from the hundreds that filled the rotating drum. No one left empty handed - all attendees received gift cards redeemable at area Acme grocery stores.

Participating partners included Independence Blue Cross, Hahnemann Hospital, Wells Fargo, Republic Bank, PNC Bank, and the PK Financial Group.

The day, which integrated important health and personal knowledge with fun activities and food, was proclaimed a success, as member after member declared, "I'll be back next year!"