



Get your home-cooked chili here! At this year's Benefits, Health and Wellness Fair, we will be featuring one of our own WHOI employee's winning chili recipe. During WHOI's Annual Fitness Challenge this summer, we held our first-ever 'Healthy Chili Cook-off' contest and it was a great success! The first place winner in the chili contest was Julie Renz from team Bigelow Bowlers for her *Turkey and Bean Chili*.

For more information about the 'Healthy Chili Cook-off' contest, please visit the Human Resources website at <http://www.who.edu/page.do?pid=74136>. A copy of all chili recipes entered into the contest is available on that site.

We would like to once again thank all of our 2011 Fitness Challenge participants who participated in this special event.

Annual Benefits, Health and Wellness Fair

October 24th, 10:00 - 1:00, Clark (5th Floor)

All employees are encouraged to attend the annual Benefits, Health and Wellness Fair being held on October 24th. This is a great opportunity to learn more about the benefits and programs offered at WHOI as well as personally meet with and speak to our benefits vendors and insurance carriers.

- **Onsite Flu Clinic**—Free for BCBSMA members!
- **BlueCross BlueShield of MA**
- **Delta Dental**
- **Diversified**—Defined Contribution Retirement Plan provider
- **Benefit Strategies**—Health Flexible Spending Accounts and Health Reimbursement Account
- **Cigna**—Life Insurance, AD&D, and Disability
- **Liberty Mutual**—Group Home/Auto/Boat/Umbrella Insurance
- **The Wellness Corp**—Employee & Student Assistance Program and work/life referral services
- **Visiting Nurses Association**—Blood pressure
- **Cape Cod Healthcare**—Health resources and information about physicians accepting new patients
- **Walko Chiropractic**—Body fat analysis
- **Cape Cod Beach Therapy**—Free Chair Massage
- **Social Security Administration**
- **Nutrition Consultant**
- **Laura Hartung**—Healthy cooking demonstration
- **Trader Joe's**—Healthy snack handouts
- **BJ's Wholesale Club**—Discount membership
- **WHOI Environmental, Health and Safety Office**
- **Refreshments**—*Turkey and Bean Chili*
- **Giveaways and Raffles!**

IMPORTANT CONTACTS:

And, did you know that WHOI also offers these additional benefits? You can find out more about them at the Fair!

- Interest-free Computer Loans, and Interest-free Tuition Loans for Children
- Child Care Subsidy (\$2/hour up to \$2,000/year per child)
- Employee Education Reimbursement (up to \$5,250/year for eligible courses of study)