



# NECA – IBEW Local 595 Wellness Services

## Monthly Wellness Newsletter

Stay in the Know - Learn, Play, Have FUN!

This monthly publication includes valuable tips and resources on many health topics. Find out and join upcoming wellness events and challenges for prizes and a good time!

New content each month to support your total wellbeing! The newsletter will be distributed to the membership at large.



## Nutrition Counseling

Why not speak with one of our Health Nutritionists to target your specific goals? Our team brings a diverse background of clinical exercise knowledge to teach and provide nutrition, physiology, and so much more.

**Find out more today!**

**Contact**

[martha.hagmaier@baysport.com](mailto:martha.hagmaier@baysport.com)

Appointments take place over the phone, in person and/or through email communication.

## Virtual Fitness Studio

Our team of group exercise instructors and personal trainers bring you a variety of fitness and mind-body classes that you can conveniently access anytime, anywhere.

New Members Enter Here:  
<https://baysport.com/virtual-studio-enter>

## Health Screenings

“Get Your Numbers” by participating in our onsite health screenings! All members and spouses are invited. The testing includes a fasting or non-fasting fingerstick blood test for cholesterol and blood glucose. The screening also measures blood pressure and a body mass index calculation. The event concludes with a one-on-one results consultation with a health coach. For information about our *LabCorp Health Screening Program*, contact

[martha.hagmaier@baysport.com](mailto:martha.hagmaier@baysport.com)

## Health Coaching

Working with a Health Coach is one of the BEST ways to take charge of your health! A Health Coach is a trained counselor who will provide you with individualized support and guidance based on your goals and needs.

**Book a FREE session today!**

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[martha.hagmaier@baysport.com](mailto:martha.hagmaier@baysport.com)  
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Local 595 Wellness Program Manager, Martha Hagmaier is available to support members with various wellness programs and events throughout the year. For more information regarding the Wellness services and how to enhance your member experience, please contact Martha at [martha.hagmaier@baysport.com](mailto:martha.hagmaier@baysport.com).