May 2017

Health and Wellness Observances and Activities:

- **Arthritis Awareness**

- **National Physical Fitness and Sports**

- **National Stroke Awareness Month**

- **Health & Safety Fair Participation and Drawing –** on Thursday, May 11, 2017, McNamara Building, there will be a DLA Health & Safety Fair. BIG members are encouraged to participate in the Fair. As an incentive, BIG members will be given a Health/Wellness Passport that they can take around to the vendors to be initialed. Completed Health/Wellness Passports will be entered into a drawing for a $25 gift certificate to Whole Foods.

- **Wilson Bridge Walk -** on Saturday, May 20, 2017, 8:00 am. The walk will take place on the Virginia side of the Woodrow Wilson Bridge. The total walk is 5 to 6 miles and at the end of the walk we will have a networking breakfast.

Professional Development Activities:

- **Leveraging the Power of Mentoring/Coaching for Career Growth Seminar** – This seminar is scheduled for Wednesday, May 17, 2017, 12 noon. The speaker will be Bruce A. Thomas, Deputy Staff Director, Security & Emergency Services, DLA Installation Support.

- **BIG Power Coaching Program (Pilot)** – The BIG DLA chapter is leveraging its relationships to offer coaching services that benefit the BIG member receiving the coaching, as well as the agency they work for. Professional coaching focuses on setting goals, creating outcomes and managing personal change.

Networking Activity:

- **BIG Networking Social/Business Card Exchange** – The first BIG Networking Social/Business Card Exchange on Wednesday, May 17, 2017, 4:30 pm to 6:30 pm at the Embassy Suites, 8100 Loisdale Road, Springfield, Virginia.