



June 15, 2018

# New Direction

## Memorial Foundation hosts Swing FORE Heart golf tournament

Our "Swing FORE Heart" golf tournament hosted 22 teams this year, benefitting Cath Lab by more than \$22,000. Our 35 volunteers made sure the event ran smoothly, and thanks to the 47 tournament sponsors, it was awesome. The delightful surprise of the day came when the first and second place teams (Commercial Bank and BancorpSouth Bank and Insurance) donated their cash winnings back to the foundation to help the Cath Lab.



Interested in a career at NMH?

Apply @ <https://www.nacmem.org/careers/all/>  
Stop by Human Resources or call 936.568.8543

## Healthy Memorial action continues, Newbies Fitness arrangement changes

Our Healthy Memorial worksite wellness activities continue and you're encouraged to join the fun. Memorial's Beginner Bootcamp is offered Monday and Wednesday at 5:30 p.m. and Yoga Class with Anjou Bice is Thursday night at 5:30 p.m., all in the Healthy Memorial Wellness Center. The 3 to 8 p.m. Tuesday/Thursday open gym in cardiac rehab will restart on Thursday, June 21.

All these opportunities for physical fitness are free of charge and offered right here on the hospital campus, with hours designed to be convenient for most staff schedules.

The free trial membership for Newbies exercise classes ended June 1, but they're offering Memorial employees a 25% discount on their rate. Show your badge and sign up for \$30 a month to enjoy unlimited classes at Newbies. They offer everything from Zumba to Yoga to Weights for Wimps.

The next hands-on cooking class will showcase some healthy grill options sure to please in honor of National Men's Health Month. We'll be in the Healthy Memorial Wellness Center on Thursday, June 28 from 5:30 - 7:30 p.m. and the theme will be Muscle Foods for Brain and Body.

For more details, contact the community relations department at ext. 4123.

## Healthy Wage Challenge is in full swing

The Healthy Wage Challenge has hit the halfway point and the Shrinking Hippos are leading the Memorial effort with a team total of 5.80% weight lost. Thinning the Herd is currently second with a total weight loss of 4.68%. In total, the Memorial teams participating in the state-wide challenge have lost over 82 pounds so far.



## It's time for family FUN! Employee Appreciation Day 2018

@ Timberfalls Waterpark

Friday, July 13  7:30 - 9:30 p.m.

First 500 team members & their family get in free!

Everyone is \$5 after that.

(Bring your kids' friends for \$5. Tickets will be sold at the door.)



## You need new sheets!

### Annual linen sale next week

(Special Pre-Sale Event - June 18 from 3 - 8 p.m.)

Tuesday, June 19 7 a.m. - 6 p.m.

Wednesday, June 20 7 a.m. - 2 p.m.

### Auxiliary Conference Center

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Twin & Twin XL \$30 • Full \$35 • Queen \$40

King & California King \$45 • Split King \$50

