

"BUILD IT LIKE WE OWN IT"



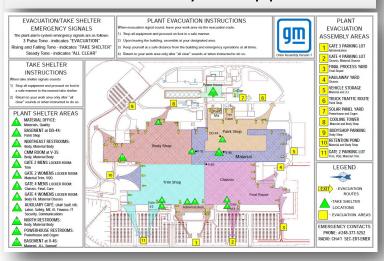
UNDERSTANDING GM'S AV INITIATIVE: Orion is a key player in GM's drive to develop and deploy autonomous vehicles. But what is GM's AV strategy and how does the work the Orion team is performing help the company contribute to the vision of Zero Crashes, Zero Emissions and Zero Congestion. Check out this GM site devoted to our efforts. Orion and the Cruise AV we build is featured prominently here. Zero Congestion with Self-driving Vehicles | General Mo-<u>tors (gm.com)</u>

### 2022 EVACUATION DRILL

#### When:Wednesday June 22nd 10:05am

#### **Expectations:**

- Get off Mobile Equipment and Bicycles, Remove Key, Set Brake. Walk to nearest Exit
- Do not gather belongings, proceed immediately to the Evac site.
- Communicate to the area leader if you are not in the assigned Evac area for accountability.
- Simulate real world conditions, do not run.
- Be watchful for any mobile equipment.



# **CHEVY BOLT EV DISCOUNT OFFERS** \$5,900 OFF IN JUNE 2022



Source: Vince Brown - www.gmauthority.com

## **Driving My Wellness** June 2022 Building a Healthy Life, One Step at a Time

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# MOVE U

#### Using the F.I.T.T. Principle to Maximize Your Workouts with Don Judkins

LifeSteps Program Coordinator & Certified Exercise Physiologist



# ng and help your pro

- The F.I.T.T. Principle is a concept to keep in mind anytime that you are engaging in a workout.
- You can adjust how often, how hard, and how long you workout to fit your individual goals and fitness level.
- A well-designed program following the F.I.T.T. Principle can keep you consister with your workouts, efficient with your time, and constantly making strides towards your goals. nt

#### xt time you plan out an exercis consider the following:

- Frequency how often you exercise Intensity the amount of effort that must be invested in a specific exercise Time how long each individual session should last Tume what tume of exercise will you be
- Type what type of exercise will you be doing
- delines for Exercise Testing and Prescription. I da S Pescatello, Ross Arena, Deborah Riebe, P. on Wolters Klusser/Lippincott Williams & Will Philadelphia, PA.

## **Healthy Bites** Easiest Banana Ice Cream

#### Servings: 3 Ingredients:

- 2 1/2 bananas (can use 2-3 bananas)
  - 3 tablespoons 1% milk al)
  - Chocolate syrup (option

#### Directions 1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap

- covered baking sheet and put in freezer overnight. 2. Place frozen bananas in a food processor or blender with a
- small splash of milk (not over 1/4 cup total). 3. Pulse food processor or blender until bananas begin to
- break up. They will be tiny balls of bananas at this point. 4. Using a spoon or rubber spatula, scrape down the banana
- mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and taste like soft serve ice cream when finished.
- 5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).



Wellness Program is offered to an unremain moment due to an offered of a not older. The Program is also available to all GM U.S. salaried employees, includ ge 18+ who are enrolled in the U.S. Salaried Health Care Program. GM contract to the UF626eea Wellness Program. age 18 a ing their spouses and workers are not eligible to

## **UNION-MADE TOOLS FOR FATHER'S DAY** Source: Labor411.org



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## **2023 CHEVROLET CORVETTE Z06 NFT AUCTION** HAS WINNER GETTING A REAL CAR

### Source: Anthony Alaniz - motor1.com

