

Human Resource Division

Employee Recreation & Wellness

Newsletter of the University of North Carolina Health Care Employee Recreation & Wellness Department
...to improve the health, well-being, and quality of life of our employees

VOLUME 29, ISSUE 10

MAY / JUNE 2012

UNC Health Care
Employee Recreation & Wellness
101 Manning Drive
Chapel Hill, NC 27514

Laughter is an
instant vacation

~ Milton Berle

Happiness consists
of living each day
as if it were the
first day of your
honeymoon and
the last day of your
vacation.

~Anonymous

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Create a Mini-Vacation with Discounted Tickets!



Whether it's an aquarium, a water park, a theme park, or the zoo, discounted tickets are available. Details for obtaining them are inside and on our Web site. Just add a little laughter and your mini-vacation takes off!



CONTEST: FitLife Dollars New Design

The FitLife Incentive Program is designed to promote activity, fun and fitness—and it's an easy way to earn free merchandise. Every month participating employees receive FitLife Dollars based upon their health lifestyle choices and physical activity.

We are seeking a new design for our FitLife Dollars. Submit your entries to our office by June 29, 2012 at 4:00 p.m. The winner will be announced in our August Newsletter.



Current FitLife Dollar

Steppin' Out Challenge - UPDATE:

419 UNC Health Care Employees walked 30,556,855 steps!

FOR YOUR INFORMATION...



Employee Recreation Staff —
Dianne Olmos and Susan Taylor

PURPOSE OF EMPLOYEE RECREATION & WELLNESS

As an employee of UNC Health Care, you are eligible to participate in all Employee Recreation & Wellness activities, events and discounts.

The purpose of Employee Recreation & Wellness is to promote employee health and well-being and enhance employees' quality of life through a comprehensive employee recreation and discount service.

Employees are always welcome to express opinions and suggestions into the development of programs and policies affecting Employee Recreation & Wellness. With this in mind, this newsletter has been designed to encompass a variety of interests, and please let us know what you think and how we can provide better service to all employees.

HOW TO FIND AND CONTACT US

General Information

966-6419 Phone
843-0032 Fax
EmpRec@unch.unc.edu

Dianne B. Olmos, Supervisor

966-9967
DOlmos@unch.unc.edu

Susan Taylor, Office Support Assistant

966-6418
STaylor@unch.unc.edu

Locations:

Registration Desk

Ground Floor Lobby of N.C. Memorial Hospital
Backside of the Information Desk near the Gift Shop
24-Hour Drop Box Available Behind Computer

Main Office

9th Floor of N.C. Memorial Hospital
Use Service Elevator BT8

Hours:

Registration Desk

Monday: —Upstairs Only—
Tuesday: 10:00am—1:00pm
Wednesday: 1:00pm—4:00pm
Thursday: 1:00pm—4:00pm
Friday: 1:00pm—4:00pm

Main Office

Monday—Friday 7:45am—4:30pm
(Available before and after office hours by appointment)

Web Site

http://www.unhealthcare.org/site/humanresources/employee_recreation

Pathway to Access the Web Site

From Work:
Intranet@Work
Hospital Departments

From Home:
www.unhealthcare.org
Human Resources



Recreation Room, Located outside
Employee Recreation & Wellness' office on
the 9th floor of Memorial Hospital

EMPLOYEE RECREATION & WELLNESS ELIGIBILITY

Programs and activities are sponsored by Employee Recreation & Wellness for the UNC Health Care family, which includes:

- UNC Health Care employees, attending physicians and retirees
- Spouses/partners and legal dependents of employees and attending physicians
- Students who elect a clinical internship of at least 3 months and volunteers registered with Volunteer Services are also eligible to participate in activities once they request and complete a complimentary Employee Recreation Privilege Card application
- University employees may participate once they have completed an Employee Recreation Privilege Card which may be purchased at the annual rate of \$25.00
- Guests of eligible persons may participate in selected activities and must accompany them in order to participate

WELLNESS PROGRAMS

FITNESS ASSESSMENT & CONSULTATION

A fitness assessment is the perfect way to start an exercise program or to fine-tune your current one. It includes the following:

- A 20-page Personal Wellness Profile
- Body Composition including Body Fat Percentage
- Tests for cardiovascular endurance, flexibility, muscular strength and endurance

At your 30 minute consultation you will receive your results and during your personal training, you will learn about your exercise prescription and receive one-on-one instruction.

Fee: \$45.00 or 45 FitLife Dollars

Length: 1-hour Fitness Assessment
30 minute Consultation
1 hour Personal Training

To Schedule:

Call 966-9967

Email DOImos@unch.unc.edu

GROUP EXERCISE CLASSES

Our nationally certified instructor provides safe and effective workouts at the Hedrick Building. Prior to participation, all participants must complete a Health Screening Form or have one on file with Employee Recreation & Wellness.

Quarter Exercise Pass

\$45.00

Unlimited Classes for the Quarter

One Month Exercise Pass

\$20.00

Unlimited Classes for the Month

Yoga

\$8.00 / class

Classes:

Total Body Workout **Tues/Thurs** **5:45-6:45pm**

This newly designed multi-level class will work the entire body. Class formats vary from Low-Impact Aerobics, Interval Training or Cardio Boxing. In addition, core and endurance training will vary with the use of free weights or rubber tubing. A final stretch is always included.

Yoga **Wednesday** **5:45-6:45pm**

This beginner to intermediate Iyengar style yoga class emphasizes poses or asanas to develop strength, flexibility and confidence. Each class ends with relaxation poses. Yoga mats are available on-site.

ATHLETICS

Final Basketball Team Rankings:

- | | |
|----------------------------|--------------------------------|
| 1. E-Net (10-1) | 9. Gometown Bombers (6-5) |
| 2. Triple Threat (9-2) | 10. Cutters (3-8) |
| 3. No Scrubs (9-2) | 11. Splinter Team (3-8) |
| 4. UNC Bulls (8-2) | 12. The Steve Kerr's (2-9) |
| 5. We're the Best (8-3) | 13. And One (2-10) |
| 6. Mad Skillz (7-4) | 14. Supreme Turbinators (1-10) |
| 7. Wellness Warriors (6-5) | 15. Terrace Players (1-10) |
| 8. The A-Team (6-5) | |

Mad Skillz Won the Tournament - Congrats!

Softball Team Rankings as of May 15:

- | | |
|---------------------------|--------------------------------|
| 1. Thundercats HO! (10-0) | 5. Gometown Bombers (3-6) |
| 2. Diamond Dawgs (7-2) | 6. Supreme Turbinators (1-7-1) |
| 3. Base Inhibitors (4-5) | 7. Black Hats (2-5) |
| 4. Dream Team (3-5-1) | |

Volleyball Team Rankings as of April 29:

Competitive League:

1. Heartbreakers (4-0)
2. VolleyLama (3-1)
3. Radiators (2-4)
4. The Unit (0-4)

Recreational League:

1. Family Guys (5-1)
2. Monkeys No More (4-2)
3. ACE Inhibitors (2-2)
4. ScutMonkeys (2-2)
5. I Got It! (1-3)
6. That's What She Set (0-6)

FUN FACT:

415 Employees Participated in
Employee Recreation & Wellness Athletic Leagues
This Winter / Spring!

WELLNESS PROGRAMS, CONTINUED

FITLIFE INCENTIVE PROGRAM

The FitLife Incentive Program is designed to promote activity, fun and fitness—and it's an easy way to earn **FREE** merchandise!

How to Register:

You are automatically registered as a FitLife participant the first time you turn in a FitLife Monthly Activity Report (on the following page)

How to Earn FitLife Dollars:

1. Participate in UNC Health Care sponsored activities, programs and events
2. Fill out the appropriate items in the Healthy Lifestyles section
3. Walk 15 miles / Exercise 300 minutes / Take 100,000 steps
4. Answer the Trivia Quiz questions each month

How to Receive FitLife Dollars:

1. Complete the FitLife Monthly Activity Report each month and return to Employee Recreation
2. Your FitLife Dollars and the next month's report will be mailed you

How to Purchase Incentive Items:

1. Save your FitLife Dollars!
2. Stop by our offices on 9th Floor Memorial to shop, or complete the online order form and mail your order in

FitLife Incentive Items

Water Bottle	\$5
Lunch Bag	\$5
Carolina Blue Visor	\$8
Yoga Class	\$8
Navy Blue Hat	\$10
Shorts	\$15
Short-sleeved T-shirt	\$15
Pedometer	\$15
Month of Exercise Classes	\$20
Long-sleeved T-shirt	\$20
Exercise Bands (set of 3)	\$30
Yoga Mat	\$35
Exercise Ball (55 or 65cm)	\$40
3 Months of Ex. Classes	\$45
Fleece Pullover	\$50
Warm-up Pants	\$50
15-Minute Chair Massage	\$50



Visors and Hats



Exercise Bands

EMPLOYEE EXERCISE FACILITIES

All UNC Health Care employees, retirees, registered volunteers and Privilege Card holders must successfully complete an orientation for either the Neuroscience or Hedrick Building weight rooms in order to gain badge access to the equipment at both sites. Call 966-9967 to schedule an orientation.

Neuroscience Weight Room

2nd Floor by the Overlook Café
Open 24 hours / 7 days a week except during patient use

Hedrick Building Weight Room

1st Floor by Accounts Payable
Monday - Friday, 7:00am - 9:00pm



Neuroscience Weight Room

Physical fitness
can neither be
achieved by
wishful thinking
nor outright
purchased.

~Joseph Pilates

CHAIR MASSAGE

Experience the soothing benefits of this hand-on manipulation of muscles by Nationally Certified and Licensed Massage Therapist Dede Banks. If you have muscle soreness, tension, headaches, back pain or any other stress related problems, then massage therapy is for you! Call Employee Recreation at 966-6419 for more details!

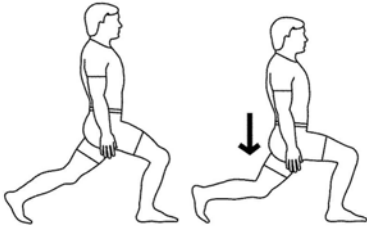
Fee: \$20 for one 15-minute massage
\$75 for five 15-minute massages

Combine coupons for longer massages!

FITLIFE MONTHLY ACTIVITY REPORT FORM

The FitLife Incentive Program is designed to promote activity, fun and fitness—and it's an easy way to earn free merchandise. Turn this form into Employee Recreation & Wellness by the 10th day of the following month to earn your FitLife dollars! Forms can be mailed to 9th Floor Memorial, fax to 3-0032, email to EmpRec@unch.unc.edu or drop off in the box in Memorial Lobby .

Monthly Sample Exercise - Stationary Lunge



- Step forward and bend knee until in a lunge position
- Slowly bend both knees to lower trunk toward floor
- Slightly straighten knees to raise up
- Continue to lower and raise while in lunge position

HEALTHY LIFESTYLES / ACTIVITIES QUESTIONNAIRE

Check each item that you have achieved

- _____ I performed aerobic exercise for 20-30 minutes at least 3 times/week
- _____ I performed strength training at 2 times/week
- _____ I performed stretching exercise at least 3 times/week
- _____ I tried the sample exercise to the left!
- _____ I maintained or made progress toward my appropriate body composition
- _____ I kept my blood pressure under 140/90mmHg
- _____ I kept my total cholesterol under 200 or my total HDL ratio at 4.0 or below
- _____ I was smoke free
- _____ I ate at least 5 servings of fruit and/or vegetables each day
- _____ I took the stairs at least 10 times this month
- _____ I wore my seat belt 100% of the time during the month
- _____ I received my annual TB test on May _____, 2012
- _____ I attended Boshamer Day on May 6
- _____ I attended the Employee Health Fair on May 15
- _____ I attended the UNC Health Care Farmer's Market - starts May 16!

MONTHLY RECORD OF MINUTES EXERCISED / MILES WALKED / STEPS RECORDED

MAY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Totals
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			
\$2.00 / each, but not in combination: <ul style="list-style-type: none"> • 300 Minutes Exercised • 15 Miles Walked • 100,000 Steps Walked 			Monthly Total:		Minutes Exercised: _____ Miles Walked: _____ Steps Recorded: _____		

Name: _____

Employee ID: _____

Department: _____

Dept. Location: _____

FitLife Dollar Design Contest

The Winner of the Design Contest Will Win Their Choice of:

- 4 FREE Movie Tickets to the Theatre of Your Choice
- 30 Minute Chair Massage

If You Have Any Questions, Please Contact Employee Recreation & Wellness at:

- DOImos @unch.unc.edu
- 966-9967
- Stop by our Office on 9th Floor Memorial Hospital

The FitLife Exercise Incentive Program is designed to promote activity, fun and fitness—and it's an easy way to earn free merchandise. Every month participating employees receive FitLife Dollars based upon their healthy lifestyle choices and physical activity.

Our current FitLife dollar is over 20 years old and we need to update the look! Therefore we are seeking a new design for our FitLife Dollars...

Here are some guidelines:

- Only the front of the dollar needs to be designed
- Dollars need to be in \$1.00, \$5.00 and \$10.00 increments
- Size of dollars need to be 3.5 inch height, 5.5 inch width
- Please include the UNC Health Care logo somewhere in the design
- Everything else is up to you! Colors do not matter and any design program can be used...

Submit your entries to our office by June 29, 2012 at 4:00 p.m.
The winner will be announced in our August Newsletter



Actual Size - 3.5 x 5.5 inches

VENDOR AND EVENT CALENDAR

The following vendor representatives will be available on-site at UNC Hospitals throughout the month. Please stop by for more information about great deals and programs from our banking, cell phone, real estate and retail vendors. If you are unable to stop by, please do not hesitate to contact our vendor representatives by phone or email - details are located on the following Discounts and Services pages.

JUNE 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Sprint On-site 11am - 2pm	2
3	4	5 SunTrust On-site 11am - 2pm	6 FARMER'S MARKET!	7	8	9
10	11 AT&T On-site 11am - 2pm	12 Wells Fargo On-site, 11am-1pm	13	14	15	16
17	18	19	20 Courtyard by Marriott On-site 11am - 2pm	21	22	23
24	25	26 Royal Park Apts On-site, 11am - 2pm	27	28	29	30

TRIVIA QUIZ

Answers to the following Trivia Quiz can be found within this month's newsletter.

Submit to Employee Recreation & Wellness with your monthly FitLife Activity Report form for extra FitLife dollars!

1. How many steps did UNC Health Care employees walk during the challenge? _____

2. What is the prize for winning the FitLife Design Contest? _____

3. Where does the Farmer's Market take place? _____

4. How many employees participated in Athletic Leagues? _____

5. How much do you save with our discount code from Emerald Pointe? _____

AMUSEMENT PARK / ATTRACTIONS COMPARISON GRID

Below is a sample of what Employee Recreation & Wellness and TicketsAtWork.com has to offer – please check both Web sites for details and more discount options!

Attraction	Gate Price	Employee Recreation Office	Linked Vendor Web site	TicketsAtWork.com
	Sun-Fri: \$59.00 Adult \$29.50 Ages 10 – 16 Sat: \$64.00 Adult \$32.00 Ages 10-16	N / A	Sun-Fri: \$42.00 Adult \$21.00 Ages 10 – 16 Sat: \$49.00 Adult \$24.50 Ages 10-16	Sun-Thurs: \$41.00 Adult \$22.00 Ages 10 – 16 Fri-Sat: \$43.00 Adult \$22.00 Ages 10-16
	\$66.99 Adult \$56.99 Ages 3 – 9	N / A	\$56.94 Adult \$48.44 Ages 3 – 9	\$51.99 Adult \$41.99 Ages 3 – 9
	\$54.99 (Ages 3 – 61 and ≥48") \$36.99 (<48" tall or ages 62+)	\$35.00 (Ages 3 and up)	\$35.99 (Ages 3 and up) With a \$5.00 Processing Fee	\$38.00 (Ages 3 – 61 and ≥48")
	\$9.50 / each Adult \$6.75 / each Child/Senior	\$6.50 (some restrictions – check Web site)	N / A	N / A
	7 Day Ticket: \$322.00 Adult \$203.00 Ages 3 – 9	N / A	N / A	4 Days + 3 Days Free: \$298.00 Adult \$279.00 Ages 3 – 9
	\$34.95 Adult \$28.95 Age 3-12 \$30.95 65+	N / A	\$27.95 Adult \$22.95 Age 3-12 \$24.95 65+	\$29.99 Adult \$25.99 Age 3-12 \$26.99 65+
	Family Suite Nightly Rate: \$289.99 (Charlotte/Concord and Williamsburg)	N / A	15% off Nightly Room Rate	N / A

AMUSEMENT PARK / ATTRACTIONS COMPARISON GRID

Below is a sample of what Employee Recreation & Wellness and TicketsAtWork.com has to offer – please check both Web sites for details and more discount options!

Attraction	Gate Price	Employee Recreation Office	Linked Vendor Web site	TicketsAtWork.com
	\$59.99 (Ages 3 – 61 and ≥48") \$37.99 (<48" tall or ages 62+)	\$35.00 (Ages 3 and up)	\$35.99 (Ages 3 and up) With a \$5.00 Processing Fee	N / A
	\$10.00 / each Adult \$7.00 / each Child / Senior	\$7.50 / each (no restrictions) \$6.50 / each (12 day wait)	N / A	\$7.95 / each (no restrictions) \$7.00 / each (12 day wait)
	\$81.99 Adult \$73.99 Ages 3 – 9	N / A	\$69.69 Adult \$62.89 Ages 3 - 9	\$72.00 Adult \$65.00 Ages 3 – 9
	\$54.99 (≥48" tall) \$39.99 (<48" tall)	N / A	N / A	\$36.00 Adult / Child Admission
SOUTHPOINT THEATRE	\$10.00 / each Adult \$6.75 / each Child \$7.00 / each Senior	\$7.50 / each (no restrictions)	N / A	N / A
	\$35.00 Ages 13+ \$22.00 Ages 3 – 12	N / A	\$29.00 Ages 13+ \$17 Ages 3 - 12	N / A
	\$34.99 (≥48 inches) \$23.99 (<48" tall or age 60+)	N / A	\$26.50 (≥48 inches) \$19.00 (<48" tall)	N / A

DISCOUNTS AND SERVICES

AMUSEMENT PARKS / ATTRACTIONS

BILTMORE ESTATE

Buy your tickets online for the Biltmore Estate in Asheville, NC. Call Employee Recreation for the discount code and then visit www.biltmore.com/unch to make your purchase.

BUSCH GARDENS / SEAWORLD

Save around 15% off tickets to both theme parks! Purchase tickets through Employee Recreation's Web site directly.

GEORGIA AQUARIUM

Save on a variety of tickets to the world's largest, most magical aquarium. Enjoy spectacular galleries and amazing animals in Atlanta's 8-million gallon playground for your imagination. Plan your trip today and purchase your tickets at www.georgiaaquarium.org/unch.

GREAT WOLF LODGE

It's not just a hotel – but an indoor water park with a spa, restaurants, children's activities and themed rooms. UNC Health Care employees receive 20% off the best available rates and 15% off spa services at the Concord, NC and Williamsburg, VA location. Contact Employee Recreation for the discount code and www.greatwolf.com for more information.

NC ZOO

The NC Zoo, located in Asheboro, NC, is offering \$4.00 off discount tickets that can be purchased online through a web link located on Employee Recreation's Web site.

PARAMOUNT – CAROWINDS / KINGS DOMINION

Save up to 30% off tickets – purchase in person from Employee Recreation or through our Web site using a discount code. On-site tickets for ages 3 and up are \$35.00.

TICKETSATWORK.COM

Check out great discounts to popular theme parks and entertainment attractions, including *Walt Disney World Resort*! A direct link is available on Employee Recreation's website, or call 966-6419 for a discount code and then log onto www.TicketsAtWork.com to purchase tickets.

TWEETSIE RAILROAD

Print off discount tickets to Tweetsie Railroad in Boone, NC directly from the Web site. Simply call Employee Recreation for the discount code.

WET 'N WILD EMERALD POINTE

Print off discount tickets to Wet 'n' Wild Emerald Pointe in Greensboro, NC directly from the Web site. Simply call Employee Recreation for the discount code.

APARTMENTS

APARTMENTS NOW

Welcome to www.apartmentsNOW.org – the apartment directory for hospital employees. Enjoy a substantial savings on a new lease when you lease through the Employee Savings Apartment Directory.

CHAMBER'S RIDGE APARTMENTS

Chambers Ridge has added UNC Health Care to our Preferred Employer Program! Located off of Hwy 54 bypass, there is convenient access to 4 bus routes, shopping, parks and UNC. We offer spacious 1 and 2 bedroom apartments with oversized balconies/patios that have exterior storage. Our apartments also have upgrades like ceramic tile, accent wall color choices and designer lighting and plumbing fixtures. Please call 919.929.0504 or email jcreech@aptdynamics.com for the UNC special!

FOXCROFT APARTMENTS

Foxcroft Apartments is a great community located 2 miles from UNC campus. We offer a discount to any full-time employees of UNC. We have the "D" bus line located at our front entrance and the "CL" line is near our rear entrance. We are convenient to Franklin Street and Eastgate Shopping Center. Please check us out at www.foxcroft.biz or call us at 919-929-7005. Be sure to ask about the Preferred Employer Discount – UNC Health Care Employees will receive \$300 off every time you sign a 12-month lease!

GLEN LENNOX APARTMENTS

Glen Lennox has been one of the most popular places to live in Chapel Hill and it is easy to see why. Charming 1, 2, and 3 bedroom single-story apartments with original oak hardwood floors in a peaceful neighborhood setting with tree-lined streets. Private entrances, yards and sidewalks offer classic living with a premium Chapel Hill location minutes from UNC Hospitals, Franklin Street, and Research Triangle Park. Please call (919)967-7081, or email glenlennox@grubbproperties.com for more details. Attention all UNC Health Care employees: take \$150 off your lease reservation fee!

DISCOUNTS AND SERVICES, CONTINUED

LENOX AT PATTERSON PLACE

Lenox at Patterson Place is tucked back off the highway yet conveniently located at 15-501 and I-40. We have studios to 3 bedroom apartment homes to suit anyone's housing needs. Pool, tennis courts, fitness & business center are among the many amenities that we have to offer our residents. For more information, please contact 919-401-1912 or lenoxatpattersonplace@eqr.com.

ROCK CREEK

Rock Creek is a cozy community located just 2 miles from the UNC campus. We are convenient to Franklin St., and downtown Carrboro, and we are on the popular "J" bus line. We offer spacious and practical floor plans in both one and two bedroom layouts, great resident programs, convenient amenities and UNC employee discounts. Check us on-line at www.rockcreekcarrboro.com or call 919.967.2111!

ROYAL PARK / UNIVERSITY LAKE APARTMENTS

Welcome to Royal Park and University Lake Apartments, where convenience and comfort meet. We offer spacious one and two bedroom apartment homes, nestled among mature trees and beautiful landscaping. We are conveniently located close to great shopping, dining, and entertainment as well as the newly established Morgan Creek Trail. We offer outstanding amenities such as 2 swimming pools, tennis and volleyball courts, on-site laundry facilities, and FREE WI-FI hot spots throughout the community. Stop by one of our rental offices and meet the friendly professional team who can offer you the most up to date prices and promotions. Be sure to mention you're a UNC Health Care employee to receive waived fees and rental discounts. Please give us a call today at 919-967-2239 where our team is eagerly waiting to help you become our future resident.

SHADOWOOD

Shadowood is a beautiful community located only 1.5 miles from the campus of UNC and about 2.5 miles from the UNC Hospital! We offer affordable one and two bedroom apartments in comfortable garden-style layouts or large townhome-style layouts. Our apartments boast such features as walk-in closets, washer/dryer in every unit, fully stocked kitchen of appliances, and even fireplaces in select units! We also offer our residents great community amenities like a 24 hour state-of-the-art workout facility, sparkling Jr. Olympic Size pool, easy access to anywhere in Chapel Hill with the bus line outside the community (A, NS, T), and so much more! For UNC Healthcare employees, we are proud to offer the following discounts (Must present current UNC Healthcare ID card at lease signing to receive discount): \$50/month off rent on ANY of our floor plans, waiving our

\$40 Application Fee, AND waiving our \$150 Administration Fee. Visit our website at www.liveshadowood.com for more information and call us at (919)967-0661.

TIMBER HOLLOW

Timber Hollow apartments in Chapel Hill, NC is located just minutes from I-40, UNC-Chapel Hill, and UNC Hospitals. Fine dining, shopping, and entertainment can be found in Chapel Hill and nearby Carrboro. Save on laundry with a washer and dryer in every unit. Short-Term leases available. UNC Health Care employees receive 50% off of reservation fee and 50% off of security deposit. Additional discounts may be available. To learn more, contact us at (919) 929-4444 or timberhollow@wrhrealty.com.

UDR HOUSING ADVANTAGE PROGRAM

UDR owns and manages over 70,000 apartment homes nationwide - they have eleven communities in the Raleigh-Durham area. UNC Health Care employees receive ½ off the Standard Application Fee and ½ off the Administrative Fee. Go to www.UDR.com for more details about their local communities!

WILLOW BROOK APARTMENTS

Situated on the border of Chapel Hill and Durham, NC, Willow Brook's excellent location offers easy access to UNC-Chapel Hill. We are on the UNC "D" bus route and are close to both I-40 and 15-501. We offer 1, 2, and 3 bedroom apartment homes that include a washer and dryer and your water & sewer bill is included in your rent. We are pet friendly and offer 3-12 month leases. UNC Health Care employees will receive 5% off normal rent rates, plus **FREE** application and administrative fees. Call 919.493.6361 or email willowbrook@hrpliving.com for more information. Check out our website at www.liveatwillowbrookapts.com.

[BANKS AND MORTGAGES](#)

BANK OF AMERICA AT WORK

UNC Health Care has teamed up with Bank of America to bring you an exclusive package of banking benefits and other services that includes 2 FREE checking accounts. To learn more, contact: Kay Blocksidge, Banking Center Manager, Bank of America, Chapel Hill Main Office, 137 East Franklin Street, Chapel Hill NC 27514 (919) 918-4200

DISCOUNTS AND SERVICES, CONTINUED

BANKS AND MORTGAGES, CONTINUED

BB&T @ WORK

BB&T@Work is excited to offer UNC Health Care employees a complete premium financial package, including **FREE** checking & savings accounts, Online Banking, exclusive discounts on loans, insurance, mortgages, travel, and entertainment. UNC Health Care employees will also receive **BONUS** rates on savings accounts and CD's, along with financial advice for estate planning, retirement planning and fiduciary services. Company ID: 04413

FIRST CITIZENS BANK

With First Citizens' Bank at Work program you'll receive a premium checking and savings account complete with free checks, debit card, online banking, and a safe deposit box with no monthly maintenance fee. For information on additional benefits and services, contact Brandon Watson at brandon.watson@firstcitizens.com or 919-932-2553.

INTEGRATED MORTGAGE STRATEGIES, LTD.

Whether you are in need of a Purchase or a Refinance you will find that we offer the flexibility needed in today's mortgage environment. For More info, contact Phyllis Faulkner at 919-256-6386 or check out our flyer under Employee Recreation Discount Programs Web page.

SUNTRUST AT WORK & MORTGAGE

Obtaining a mortgage through SunTrust does not require opening a SunTrust Bank account, but there are generous discounts when you do! SunTrust at Work offers employees of UNC up to \$400 in SunTrust Mortgage discounts combined with a combination of personalized banking services that simply cannot be equaled. Our checking packages offer an impressive collection of features, most available at no additional cost and provide the right solution to fit just about any need. Set up direct deposit of your paycheck and take our Solid Choice Banking account for a test drive – an interest bearing checking account with no minimum balance requirement, four free non-SunTrust ATM withdrawals per statement cycle, your 1st order of SunTrust Exclusive Checks at no charge, Solid Theft Protection, up to \$400 in SunTrust Mortgage discounts, Free Travelers Checks and Cashier's Checks, a free or discounted safe deposit box and much more! For more information about SunTrust Mortgages contact – Howard Stanton Mortgage Specialist at Howard.Stanton@SunTrust.com or 919-932-1460. For more information about SunTrust at Work visit our website suntrust.com/suntrustatwork, your local branch or call 800-SUNTRUST or Andrew Hawkins at 919-932-2700.

WELLS FARGO@WORK

For UNC Health Care Employees, the Wells Fargo@Work program offers preferred benefits on a variety of deposit, credit and mortgage products, plus financial education resources and tools to support their financial well-being. In addition, employees will receive Free Email or Text Balance Alerts, Free Online Banking/Billpay and Online Statements, while having access to over 6,300 banking locations and 12,000 ATMs Nationwide. Please visit any Wells Fargo Location or call Taylor Furr (919)881-6177 to get started today!

CAR SERVICE AND DEALERSHIPS

AAA

Join AAA today and SAVE \$10 off your membership! Already a member? SAVE \$10 on AAA Gift Memberships for family & friends. To sign-up, check out the flyer on Employee Recreation's Web site.

CHAPEL HILL TIRE CAR CARE CENTER

Free shuttle service between Chapel Hill Tire Car Care Center and UNC Hospital or Park and Ride; \$5 off oil change; no charge tire rotations. Present Health Care badge at the time of check-in to receive these benefits. Locations: West Franklin St. and Cole Park Plaza, Chapel Hill; West Main Street, Carrboro. Visit their website at <http://www.chapelhilltire.com/>.

MARK JACOBSON TOYOTA

Aggressive no haggle pricing on all new Toyota and Suzuki vehicles as well as our full inventory of Pre-Owned vehicles, a limited lifetime non factory power train warranty on all new Toyotas & eligible Pre-Owned vehicles serviced at participating dealers only. Additional discounts and benefits now apply to UNC Health Care employees. Contact Ian Edgington at iedgington@markjacobsontoyota.com or 919-906-8673 to ensure you receive your additional discounts and benefits.

PERFORMANCE ACURA

Aggressive, yet elegant. Visit Employee Recreation's website for special UNC Health Care Employee offers on new Acura vehicles, service discounts and FREE SHUTTLE SERVICE. Ask about our concierge service! Call Performance Acura today at 942-3191 or visit www.PerformanceAcuraChapelHill.com.

PERFORMANCE BMW

Joy was born for the left lane. Visit Employee Recreation's website for special UNC Health Care Employee offers on new BMW vehicles, service discounts, FREE SHUTTLE SERVICE and our loaner car program. Ask about our concierge service! Call Performance BMW today at 942-3191 or visit www.PerformanceBMWChapelHill.com.

DISCOUNTS AND SERVICES, CONTINUED

PERFORMANCE CHEVROLET

Work. Play. Live. Visit Employee Recreation's website for special UNC Health Care Employee offers on new Chevrolet vehicles, service discounts and FREE SHUTTLE SERVICE. Call Performance Chevrolet today at 942-3191 or visit www.PerformanceChevyChapelHill.com.

PERFORMANCE SUBARU

Wherever you go, go Subaru. Visit Employee Recreation's website for special UNC Health Care Employee offers on new Subaru vehicles, service discounts, our loaner car program and FREE SHUTTLE SERVICE. Ask about our concierge service! Call Performance Subaru today at 942-3191 or visit www.PerformanceSubaru.com.

CAR RENTALS

ALAMO

Call 1-800-327-9633 or visit www.alamo.com. The rate code is "BY." Association ID number is 236413.

AVIS RENT-A-CAR

Call 1-800-331-1212 or visit www.avis.com. The discount code is A310600.

ENTERPRISE RENT-A-CAR

Save 5% to 30% on Rented Cars anywhere in the United States through Enterprise Rent-A-Car and Get Away Today Vacations. Call 1-800-736-8222 or visit www.enterprise.com. The corporate number is 32H7200 and the PIN is GET.

CELL PHONES

AT&T WIRELESS

UNC Health Care employees receive a 24% monthly discount every month off your voice plan (\$39.99 or higher) and data plan (\$25.00 or higher), as well as family quick messaging with data for \$10.00. For existing customers that need to add the discount, reference FAN # 03172054 at a corporate store. Existing customers ONLY, adding the discount may apply online at www.wireless.att.com/business/enrollment

SPRINT

Sprint offers UNC Health Care employees a 23% discount off monthly service plans. New and existing customers qualify to receive this discount. If asked to provide a Corporate ID, please use "HCMDA_UNC_ZZZ". Any retail location can assist with new service or you may visit www.sprint.com/ verify to add the discount. Call 919-401-9573 to schedule an appointment at the Durham Retail store in Patterson Place shopping center. You must be able to provide proof of employment to receive the discount.

T-MOBILE

T-Mobile offers UNC Health Care employees 15% off monthly recurring charges, waived activation fees, discounts on the latest devices, plus more. Call 1-866-464-8662 and use promotional code: 18261TMOFAV to receive your discount.

VERIZON WIRELESS

Verizon Wireless can offer UNC Health Care employees a 19% discount on monthly services as well as discounted equipment and accessories. For the discount, go to www.verizonwireless.com/discounts and enter in your work e-mail address for verification. For more information, contact Jeff Gleichauf at jeffrey.gleichauf@verizonwireless.com

CHILD AND ELDER CARE

ALWAYS BEST CARE SENIOR SERVICES

Always Best Care Senior Services provides superior In-Home Care for seniors who have chosen to age in place at home and just need a little extra help to remain independent. Services include: assistance with bathing and grooming, companionship, nutritious meals, light housekeeping, stand-by assist, transportation and help with other activities of daily living. UNC Health Care employees receive 10% of our already competitive rates. Call us today to get the help that you deserve - 919-357-1440 or visit our website at www.alwaysbestcarechapelhill-durham.com.

HELPING HANDS OF AMERICA

Helping Hands of America, the Triangles oldest Personal Care Agency, employs only C.N.A.'s to assist clients who wish to remain in their own homes but may need assistance with day-to-day activities, such as bathing, ambulation, medication reminders, and meal preparation. UNC Health Care employees and family members receive 10% off of our hourly rates. During business hours, please call 919-829-2505 (after hours intake is: 919-632-8891) for more information or visit <http://www.hhamerica.com>.

HOMEWATCH CAREGIVERS

Homewatch CareGivers provides quality in-home personal care. Services provided include: Bathing and Grooming, Companionship, Nutritious Meals, Light Housekeeping and Transportation and Errands. UNC Health Care Employees receive 50% off the first week of service and 10% off each week thereafter. For additional information or a free assessment please contact us at (919)960-6038.

DISCOUNTS AND SERVICES, CONTINUED

CHILD AND ELDER CARE, CONTINUED

MONTESORRI ACADEMY OF CHAPEL HILL

Conveniently located at 1200 Mason Farm Road; (the Kehillah synagogue) Montessori Academy of Chapel Hill is a fully licensed, year-round school, providing care for children 18 months to 6 years of age. We provide half and full day enrollments 2, 3, and 5 days per week. Hours of operation are 7:30 am to 5:30 pm M-F. UNC employees receive a 5% tuition discount. For more details, see our website at www.montessorichapelhill.com or call 883-9050.

COMPUTER DISCOUNTS

DELL

It's here. The Dell Employee Purchase Program (EPP) makes it easy to shop and save on Dell computers and equipment. This exclusive discount helps you get compelling deals you won't find anywhere else. Call or shop online -866 257 4711, www.dell.com/EPP, Member ID: HS17816309

LENOVO

Reliable notebooks that work for you. We design our PCs to deliver the best user experience at an affordable price. Lenovo is the only vendor certified for the Windows 7 Enhanced Experience – consisting of powerful features, tools and optimization designed to improve system performance and enhance the computing experience. UNC Health Care employees save up to 35%! Check out our Web site for more details – www.lenovo.com/unchealthcare

FITNESS AND EXERCISE FACILITIES

CLAYTON FITNESS CENTER

Offering a great discount on gym memberships to UNC Health Care Employees who live in, near, or travel through the Clayton, NC area. For more information about our corporate rates you may call the gym directly at 919-359-6060, email: claytonfitness@aol.com (put your employer in the subject), or go to www.claytonfitnessonline.com.

FITNESS WORLD

Fitness World is a state-of-the-art fitness facility with a dynamic group exercise program, group cycling program, and an outstanding kid's room all included in your monthly membership. Fitness World is offering all UNC Health Care employees a complimentary visit to our facility, (first time visitors only), as well as a low corporate program rate to join the facility with a 1-year or 2-year membership. At Fitness World, *Durham's Premier Health Club*, we believe in total wellness for a well-rounded healthy lifestyle at all ages. We pride ourselves in providing the cleanest, most well-

maintained facility in the Triangle. For more details call (919) 544-9000 and ask for one of our management team. Be sure to visit us online at www.FitnessWorldnc.com.

MILLENNIUM SPORTS CLUB

Millennium Sports Club offers special rates for ALL UNC Health Care Employees and their families. Show your Employee ID badge to receive this discount. One great location in Durham. Call us today: 384-1992 or view all of our amenities at www.msportsclub.com.

O2 FITNESS

A fitness center like no other. At O2 Fitness, our staff members work hard to provide you with an upscale health and fitness experience complete with a clean, welcoming atmosphere, group fitness classes and certified personal trainers who will keep you motivated throughout every step you take towards reaching your fitness goals. With several locations throughout the Raleigh, Chapel Hill, Fuquay Varina, Wake Forest and Wilmington areas, all UNC Health Care Staff & family members can enjoy O2 Fitness at exclusive discounted rates. For more information, please contact Denise Torres at dtorres@o2fitnessclubs.com or visit www.o2fitnessclubs.com for a free 7 day pass!

TRIANGLE SPORTS PLEX – One Dan Kidd Dr. Hillsborough, NC. Now offering to all UNC Health Care Employees 30% off all membership packages. For prices of the Silver Membership (including access to the fitness center, cardio corner, aerobics, exercise classes and all of the pools), call Triangle Sports Plex at 919-644-0339.

UNC WELLNESS CENTER AT MEADOWMONT

Membership offers full access to our state-of-the-art facility, cardiovascular and strength training equipment, a variety of health education programs, aquatics area with a sauna, lap pool, whirlpool, and a warm-water therapy pool, cushioned indoor track, 100+ group fitness classes and fitness clinics each month, and indoor basketball. As a UNC Health Care employee, you receive a nearly 20% discount on your monthly membership dues for you and any other household members. You'll also receive a free equipment orientation, health evaluation, and nutritional consultation after enrolling to get you started. Additionally, our 30-day guarantee policy offers you a chance to fully explore all of these options before making a longer-term commitment. Visit us at www.uncwellness.com to learn more about our membership pricing, staff, facility, programs, classes and clinics. You may also call us at 919-966-5500 for more information, to enroll, or to set up an appointment for a guided tour.

DISCOUNTS AND SERVICES, CONTINUED

HOME SECURITY

ASG SECURITY

UNC Health Care employees receive our exclusive home security package by Honeywell with ZERO installation charge, and a low monthly monitoring rate of only \$27.95. Additionally, employees may select any one of the following FREE: Smoke Detector, Glass Break Detector, Motion Sensor, 2-Additional Door/Window Contacts, Remote Key Fob, Medical Pendant. Certain restrictions apply. For details, please contact Bobby Thomas at Bthomas@asgsecurity.com or call 919-773-7770 (office), 704-640-0934 (cell)

HOTELS

THE CHAPEL HILL UNIVERSITY INN

The Chapel Hill University Inn is located on the corner of Fordham Blvd (15/501) and Ephesus Church Road across from Eastgate Shopping Center since 1962. It has been and will continue to be the town's only full-service affordable hotel. They offer UNC Health Care employee and visitors the same special discounted rate of \$69.95. Guests just need to ask for the "UNC Hospitals" rate to receive the discount, no other form of ID is required.

CHOICE HOTELS

UNC Health Care employees receive at least a **15% discount** off of participating Choice Hotels. Go to www.choicehotels.com or call 1-800-258-2847 and use the following code – 00044073.

COMFORT INN - UNIVERSITY

The Comfort Inn in Durham is offering a reduced rate of **\$69.00/night** for UNC Health Care employees. Call 919-490-4949 and ask for the "Medical Rate."

COURTYARD BY MARRIOTT IN CHAPEL HILL

Courtyard by Marriott in Chapel Hill is new and refreshed and is just minutes from the University of North Carolina and next to the UNC Friday Center. New to the lobby is Starbucks® coffees and teas with morning and evening fare. Also available at a moderate price is a breakfast buffet created each morning by our chefs. Relax with family in the media pod complete with cable television. Enjoy cool Carolina evenings in the outdoor lounge. Stay warm around the fireplace with good food and great friends. Connect with people in person or on-line with complimentary wireless internet in the lobby, meeting room, and sleeping rooms. Suites and Guest rooms have a new look and the work space has been redesigned. Productivity is essential on the road and this Courtyard has everything need: Business Center, Boarding

Pass Station, and GO Board for all news, sports, and local information. Indoor pool, spa and fitness facility are located on the first floor as well as three versatile meeting rooms. We are proud to offer a special rate of 109.00 to all employees of UNC Health Care. For Reservations, call 919-883-0700.

THE FRANKLIN HOTEL

The Franklin Hotel is proud to be downtown Chapel Hill's only 5 Star Boutique Hotel with 67 beautifully appointed guest rooms and featuring Windows Restaurant with complimentary cook to order breakfast and Robert's Lounge all in a lovely and relaxed setting. As a UNC Health Care employee you can take advantage of a special 15% discount off our Best Available Rate everyday of the week. Whether you're celebrating a special occasion or simply planning a weekend getaway, The Franklin Hotel is ready to serve you. Please call the hotel directly at 919.442.9000 or toll free at 866.831.5999. You can also visit us and book your room directly at your exclusive UNC Health Care reservation site <https://reservations.ihotelier.com/istay.cfm?hotelid=13142&rateplanid=683702>.

LA QUINTA

Located just 6.8 miles from the hospital, La Quinta offers an array of services and amenities. There is also a National Discount of 15% off the Standard Corporate Rate at any of the La Quinta Inns. These rates are available now by calling the hotel directly. For reservations, call 1-800-531-5900.

MOTEL 6 / STUDIO 6

When traveling nationwide, receive discounts to all Motel 6 and Studio 6 hotels. Check out the flyer on Employee Recreation's website or go to motel6.com and enter discount code - CP541408 or staystudio6.com and enter discount code -CP541409

LOCAL ENTERTAINMENT

BROADWAY SERIES SOUTH

Receive discounts to all shows, as well as the season specials. Check Employee Recreation's Web site or call 966-6419 for an order form.

DURHAM PERFORMING ARTS CENTER (DPAC)

Receive discounts to selected shows and specials. Check Employee Recreation's Web site or call 966-6419 for an order form.

DISCOUNTS AND SERVICES, CONTINUED

LOCAL ENTERTAINMENT, CONTINUED

GREENSBORO COLISEUM

UNC Health Care employees get great deals to certain shows and events – check out Employee Recreation’s Web site or contact us at 966-6419 for more details.

MOREHEAD PLANETARIUM

Free 2-for-1 coupons. Call 962-1236 for show times or visit www.moreheadplanetarium.org.

NORTH CAROLINA SYMPHONY

With 175 performances annually, and under the artistic leadership of Music Director Grant Llewellyn, the orchestra has grown in stature and sophistication, now advancing a well-earned reputation for innovative programming and collaborative projects. Discount Tickets for all regularly scheduled North Carolina Symphony performances are available for employees of UNC Health Care. Check out upcoming performances at www.ncsymphony.org and the Employee Recreation’s Web site. To purchase tickets contact Leigh Stringfellow, Audience Development Coordinator 919.733.2750 lstringfellow@ncsymphony.org

NORTH CAROLINA THEATRE

UNC Health Care employees receive discount tickets to most shows! Check Employee Recreation’s website for a current list and to purchase tickets.

RBC CENTER

UNC Health Care employees receive discount tickets to numerous shows and events. Check Employee Recreation’s Web site or call 966-6419 for more details.

SILER CITY COUNTRY CLUB

UNC Health Care employees can play golf for only \$23 on Mon-Tues, only \$28 Wed-Fri, or only \$32 after noon on Sat-Sun, or \$38 before noon on Sat-Sun (Cart and Green Fee included). The coupon can be found on Employee Recreation’s Web site. Please call 919-742--3721 for tee times and mention the coupon to receive your discount. If you have any questions or would like membership information please contact Mark Davis at 919-742-3721 or email at mark-davis@silercitycountryclub.com

MISCELLANEOUS

CAMP BOW WOW – DURHAM / RTP / CARY

Camp Bow Wow is a premier doggy day and overnight camp. We offer an all day play environment with both indoor and outdoor play areas. The 401K-9 program offers your employees **10% off** Camp Bow Wow services (excludes

already discounted packages), **5% off** retail products, and additional promotions for your employees only in the future. Please show your UNC Health Care employee badge. The offer is only available at Camp Bow Wow Durham at RTP – www.campbowwow.com/durham, 919-321-8971, and Cary - www.campbowwow.com/cary, 919-465-4235

FROM YOU FLOWERS

Save 20% on all regularly priced floral and gift items with From You Flowers. Simply call (800) 838-8853 and mention code **65R** or visit your personal site at www.fromyouflowers.com/unhealthcare. Choose from over 2,000 exquisite items with hand delivered same day service. We offer a 100% product and service guarantee.

JENNY CRAIG

Join Jenny Craig and receive a **FREE 30-Day Program***(***Plus** the cost of food. Plus the cost of shipping, if applicable. Restrictions apply.) Jenny Craig will design a personalized, comprehensive program that fits your lifestyle. Plus you’ll get one-on-one support from your very own personal consultant. You can also save up to 25% off the Premium Program. Both UNC Health Care employees and adult household members may participate. Visit www.jennycraig.com/corporatechannel/unhealthcare.aspx to receive your special offer coupon!

WESAVE

State employees are automatic members of the WeSave program – all you need to do is register to gain access to online discounts, printable coupons and an online mall where you can earn up to 20% cash back on purchases. Save money on your next vacation by using their travel Web site and/or their Vacation Savings Plan Option. Visit www.wesave.com for more details!

MOVIE THEATRES

CAROUSEL CINEMAS - \$6.50 / each

Tickets are good at Carousel Cinemas in Burlington and in Greensboro. Stop by Employee Recreation to purchase or call 966-6419 for details!

PALACE POINTE

\$7.00 / each (no restrictions)

Located in Roxboro – for show times check out www.palacepointe.com. Stop by Employee Recreation to purchase or call 966-6419 for details!

SOUTHPOINT THEATRE

Rave Cinemas: \$7.50 / each (no restrictions)

Only option for tickets - check out www.ravecinemas.com

DISCOUNTS AND SERVICES, CONTINUED

for show times. Stop by Employee Recreation to purchase or call 966-6419 for details!

REGAL CINEMAS

\$7.50 / each (no restrictions) & **\$6.50 / each** (wait 12 days)
For show times and a listing of local theatres, log onto www.regmovies.com. Stop by Employee Recreation to purchase or call 966-6419 for details!

REAL ESTATE

ALLEN TATE RELOCATION

Through Allen Tate Relocation's Elite Services Program (ESP), UNC Health Care associates have access to a full range of relocation services including relocation information, area tours, home sale assistance, home purchase assistance, rental assistance and much more! In addition, we offer a CASH BACK benefit for using our services as well as mortgage savings. To learn more, please visit <http://unchealthcare.tatepartners.net> or call 919-719-2929.

BEAZER HOMES – WYNDMOOR AT THE PARK

A brand new community is opening up in RTP called Wyndmoor at the Park. Beazer is offering UNC Health Care employees 2% off the base price of all models. Check out Employee Recreation's Web site or www.beazer.com, or call 919-544-2523 for more details.

BETTER MOVES™ POWERED BY COLDWELL BANKER HOWARD PERRY AND WALSTON

Better Moves has been created to provide UNC Health Care employees the highest quality real estate services with cash-back benefits and other incentives for our clients. It is our goal to provide a full range of move-related services under one roof. Call 919-882-4676 (local) or email BetterMoves@hpw.com for more information.

BRADFORD PLACE AT DOWNING CREEK

Bradford Place is a new garden home and condominium community located within already established Downing Creek. This new neighborhood is located off of Hwy 54 and just 3 short miles from the Hospital. Special financing and incentive options available. Call 877-472-0522 or check out www.bradfordplacecondos.com for more details.

DAN RYAN BUILDERS

Dan Ryan Builders is offering a 2% discount on the base price of a brand-new home, to be used as the Employee desires (i.e., as a credit at the design studio or on a lot premium) (with the exception of closing costs unless Employee is using our preferred lender). This discount would be in addition to any advertised incentives that we might be of-

fering at the time of the Employee's purchase. This offer would apply to any home, pre-sale or standing inventory, in any Dan Ryan Builders' neighborhood in the Triangle area of North Carolina. We are currently building in Durham, Raleigh and Fuquay Varina, please check out our Web site - www.danryanbuilders.com

KB HOME – KENION GROVE

Discover the joy of owning an affordable brand new KB home from the \$190's in historic Hillsborough, NC. Kenion Grove is nestled near the quaint downtown and offers a serene small-town atmosphere. The community is conveniently located off Hwy 70 with easy access to I-85 and I-40 and Durham Freeway. Home sizes range from 2118-3396 sq.ft. and there is a newly furnished model on-site. For more information, call 919.732.2639 or visit us online at www.kbhome.com.

ORANGE COMMUNITY AND LAND TRUST

The Land Trust, a housing non-profit serving all of Orange County, has affordable homeownership opportunities in the Chapel Hill-Carrboro area. We also offer free classes in the home buying process. For information about the program, qualifications and current availabilities, visit our Web site, www.ochlt.org or call Crystal Fisher (x 301) & Amy Singleton (x 302) at 919-967-1545.

SAUSSY BURBANK AT BRIAR CHAPEL

Offering new homes from the \$180's to the \$400's, just 10 minutes south of UNC Hospital, Saussy Burbank in Briar Chapel is a perfect place to call home. Saussy Burbank has a large selection of charming single family homes and townhomes that are move in ready or available to build. Briar Chapel, the area's largest green built community, located south of Chapel Hill, off 15-501, just 10 minutes from the hospital, offers a lifestyle like no other – 24 miles of trails, resort style pools, fitness center and more. Saussy Burbank is partnering with UNC Health Care and providing up to \$1500 of additional paid closing costs. Please call (919) 240-5800 or visit them online at www.sausseyburbank.com.

TOLL BROTHERS

Toll Brothers is partnering with UNC Health Care to offer the Preferred Partner Program to employees. This program entitles you to 3% off the Total Price of a new Toll Brothers home in the Triangle area. Check out us in your Real Estate Program section to find several links which will provide more information to you about the communities, the award-winning on-site Design Studio, the successful Fly and Buy Program, and as importantly the Preferred Partner Program. Call 919-206-8655 today for a personal tour of the many model homes in the RTP area.

DISCOUNTS AND SERVICES, CONTINUED

RETAIL STORES

BJ'S

Save \$10 off the regular membership, plus 3 months free! Check out Employee Recreation's Web site or call 966--6419 for a copy of the discount membership application.

COSTCO

Membership perks are available - please contact Jackie Burton at (919) 220-2766 x273 for more details. This discount is not available in person at local Costco stores.

FURNITURELAND SOUTH

Furnitureland South offers UNC Health Care employees home furnishings and accessories at discounts of 40-50% off of retail, free design services, free space planning, and a special 5% rebate that can be applied toward the purchase of any of Furnitureland South's in stock items. To qualify for the 5% rebate, contact Larry Nessler at 336-822-3000 x2676 or unhealthcare@furniturelandsouth.com.

GIFTTREE.COM

GiftTree.com is proud to offer 15% off gift baskets, flowers, and personalized gifts. To access your discount, simply visit our web site and during the checkout process enter the promotion code: UNC. We have a wide assortment of wine baskets, gourmet gift baskets, flowers, balloons, and much more! Gift baskets and wine gifts may be personalized. We deliver nationwide and even have a same day delivery option!

KEIFER LANDSCAPING

We offer all UNC Health Care employees a 10% discount on all plants including trees, shrubs, groundcovers and perennials. Just show your ID badge! Come out for FREE Food, plant giveaways, BIG Sales, kids events and educational "how-to's", and "Get a Big Bang for your Buck" during our Customer Appreciation Week April 19-22, 2012 only. These BIG Sales promotions cannot be combined with any other offers. For more information, call 919-596-7313 or visit www.keiferlandscapinginc.com.

SHERWIN-WILLIAMS

Employees receive a discount on all Sherwin-Williams and Duron merchandise. 15% savings off regular price and 5% off sale items. Just show your UNC Health Care badge! Check out www.sherwin-williams.com for store locations.

SPEEDPRO RDU

Speedpro RDU is the World-Class provider of premium, large format imaging. We produce and supply high quality prints, banners, tradeshow materials, and vehicle wraps. We are

pleased to offer UNC Health Care employees a 20% discount off our already competitive pricing. All you have to do is show us your UNC-Chapel Hill ID! Delivery is Available, and is FREE on selective orders! To learn more, email MarketingRDU@Speedpro.com or visit www.SpeedproRDU.com

THE WALKING COMPANY

The Walking Company offers you a 15% discount at our retail stores located in major malls. Please visit our website at www.thewalkingcompany.com to view our selection of footwear and to find the stores nearest you. The Walking Company is the world's leading retailer of comfort footwear. All you need to do is bring proof of employment (badge, business card or pay stub) with a photo id and our stores will honor your discount. There is no expiration date. (Excludes Ugg Australia Products and Gift Cards).

UNC OPTICAL SHOP

UNC Optical is a full service optical shop staffed by a NC licensed optician. All state employees and immediate family receive a 20% discount on all prescription eyewear (frame and lenses) as well as non-prescription sunglasses. The discount does not apply to eye exams or contact lenses and may not be combined with some insurance programs. UNC HEALTH CARE and UNIVERSITY employees may purchase eyeglasses through payroll deduction. The Optical Shop is conveniently located on the second floor of the ACC building and can be reached by telephone at 843-3937.

TRAVEL

ASI TRAVEL

Special discount stays in Orlando as well as Bahamas cruises and vacation packages. Call 1-800-881-9880 or check out www.asitravel.com for more details.

EVENTPROS

Offers UNC Health Care employees an opportunity to be part of popular sporting and social events. Currently offering 5% off feature packages. Contact EventPros at www.triangleeventpros.com

FAST PARK

Discounted Rate for all employees and family: \$4.32 per day (plus tax). Offering quick, convenient shuttle service to and from RDU Airport. All covered parking. Located at Hwy. 70 and Westgate Rd., Visit www.fastparkandrelax.com to sign up for your Frequent Parker Discount Card (no fee, no obligation). Company code to receive discount: 0935207.



The beauty of Montessori

Location

The school is located at 1200 Mason Farm Road, within walking distance to UNC's main campus and Medical complex. We offer tuition discounts for University and Hospital students & staff.

Giving back!

The Montessori Academy provides free care to the siblings of UNC Neo-Natal patients while their parents reside at the Ronald MacDonald's House.

Admission

The *Montessori Academy of Chapel Hill* provides care for children from 16 months to 6 years of age. The school accepts children without regards to race, color, gender, or national ethnic origin.

Daily schedule

The school accepts children on a year round basis and provides care from 7:30 am to 5:30 pm. Enrollments can be on a ½ day basis or 2, 3, or 5 days per week. Parents are invited to schedule an appointment to visit *The Montessori Academy*. Tours are scheduled daily by appointment between 9:00 and 11:00 am. To schedule a tour Please contact us at (919) 883-9050 or email inquiries to "montessoriacademychapelhill@yahoo.com"

Immediate openings are available for ages 16 months to 6 years.

Reservations also accepted for Summer months or reserving a spot for a Fall start date

- In addition to our traditional "Montessori Work Cycle" children will participate in weekly sessions of Yoga, Music, Baking, Mandarin and Art.

"From conception to the age 4, the individual develops 50% of his mature intelligence: from ages 4 to 8 the individual develops another 30%. ..."

"Child care is an expense.....a Montessori experience is an investment in your child's development."



REX HEALTHCARE PRESENTS

NORTH CAROLINA SYMPHONY

summerfest

AT CARY'S BOOTH AMPHITHEATRE

NORTH CAROLINA
80th SYMPHONY
ANNIVERSARY SEASON

SUMMERFEST OPENING NIGHT*

Saturday, May 26, 2012, 7:30pm

William Henry Curry, *Resident Conductor and Summerfest Artistic Director*

We're not the only ones who call it "great." Schubert's finest work for orchestra caps off a program of powerful melodies, including *Peer Gynt's* thrilling In the Hall of the Mountain King.

Mussorgsky/Rimsky-Korsakov: Night on Bald Mountain
Grieg: Suite No. 1 from *Peer Gynt*
Schubert: Symphony No. 9, "Great"

*Featuring Play with the Pros: Citizen musicians join the North Carolina Symphony for select works.

Sunday Concert

RHAPSODY IN BLUE

Sunday, June 3, 2012, 7pm**

Grant Llewellyn, *Music Director*
Clara Yang, *piano*

Don't miss a special Sunday performance of fast and lively favorites by Bernstein, Strauss, Joplin, Dvořák, Sousa, the Symphony's own Terry Mizesko and more. Rising piano star Clara Yang performs our featured work, George Gershwin's spellbinding Rhapsody in Blue.

**90-minute concert performed without intermission

THE PINES OF ROME

Saturday, June 9, 2012, 7:30pm

William Henry Curry, *Resident Conductor and Summerfest Artistic Director*

A musical toast to Mother Nature that's just too good to pass up. Hear Respighi's towering masterpiece, *The Pines of Rome*, alongside highlights inspired by the natural world, including everyone's favorite, Rimsky-Korsakov's *Flight of the Bumblebee*.

Strauss: Fanfare from *Also Sprach Zarathustra*
Elgar: *The Wild Bears* from *The Wand of Youth Suite No. 2*
Anderson: *Waltzing Cat*
Britten: Music from *Four Sea Interludes*
Grofé: Music from *Grand Canyon Suite*
Rimsky-Korsakov: *Flight of the Bumblebee*
Hovhanness: *And God Created Great Whales*
Respighi: *The Pines of Rome*

FABLES FOR FAMILIES

Saturday, June 16, 2012, 7:30pm

William Henry Curry, *Resident Conductor and Summerfest Artistic Director*
Heather Patterson King, *narrator*

Prokofiev's beloved concert fable *Peter and the Wolf* headlines an evening of musical enchantments. Bring the whole family for selections from *Harry Potter*, *Hansel and Gretel*, *The Firebird* and more. The best fable-inspired costumes will win prizes!

Humperdinck: *Witch's Ride* from *Hansel and Gretel*
Respighi: *Three Dances* from *La Boutique fantasque*
Prokofiev: *Peter and the Wolf*
Nielsen: *Oriental Festival March* from *Aladdin Suite*
John Williams: Music from *Harry Potter*
Stravinsky: *Firebird Suite*

2012/13

NORTH CAROLINA 80th SYMPHONY ANNIVERSARY SEASON

TOTALLY AWESOME 80s

Saturday, June 23, 2012, 7:30pm

Sarah Hicks, *Associate Conductor*

Sarah Hicks leads the orchestra in totally awesome hits of the 80s: "Welcome to the Jungle," "Total Eclipse of the Heart," "Every Breath You Take," "Livin' on a Prayer," "Thriller" and many, many more. Big hair, bangles and legwarmers all highly recommended.

ROMEO AND JULIET

Saturday, June 30, 2012, 7:30pm

William Henry Curry, *Resident Conductor and Summerfest Artistic Director*

With actors Jon Mozes, Katja Hill and David McClutchee, directed by Kathryn Hunter-Williams

Discover another side of Shakespeare in this concert of the finest musical moments inspired by The Bard. Mendelssohn, Tchaikovsky, Prokofiev and Dvořák are paired with Bernstein's Overture to *West Side Story* and delightful performances of famous Shakespeare scenes.

Mendelssohn: Wedding March and Scherzo from *A Midsummer Night's Dream*
Dvořák: Othello Overture
Bernstein: Overture to *West Side Story*
Prokofiev: Montagues and Capulets
Tchaikovsky: Romeo and Juliet Fantasy Overture

Free Concert INDEPENDENCE DAY

Wednesday, July 4, 2012, 7:30pm

Sarah Hicks, *Associate Conductor*

A Triangle tradition, join us for a good, old-fashioned salute to the red, white and blue. Hear patriotic favorites and high-spirited classics as we honor the USA on its birthday. Come early and grab the best seats for the area's biggest Fourth of July fireworks display.

A NIGHT IN PARIS

Saturday, July 7, 2012, 7:30pm

Sarah Hicks, *Associate Conductor*

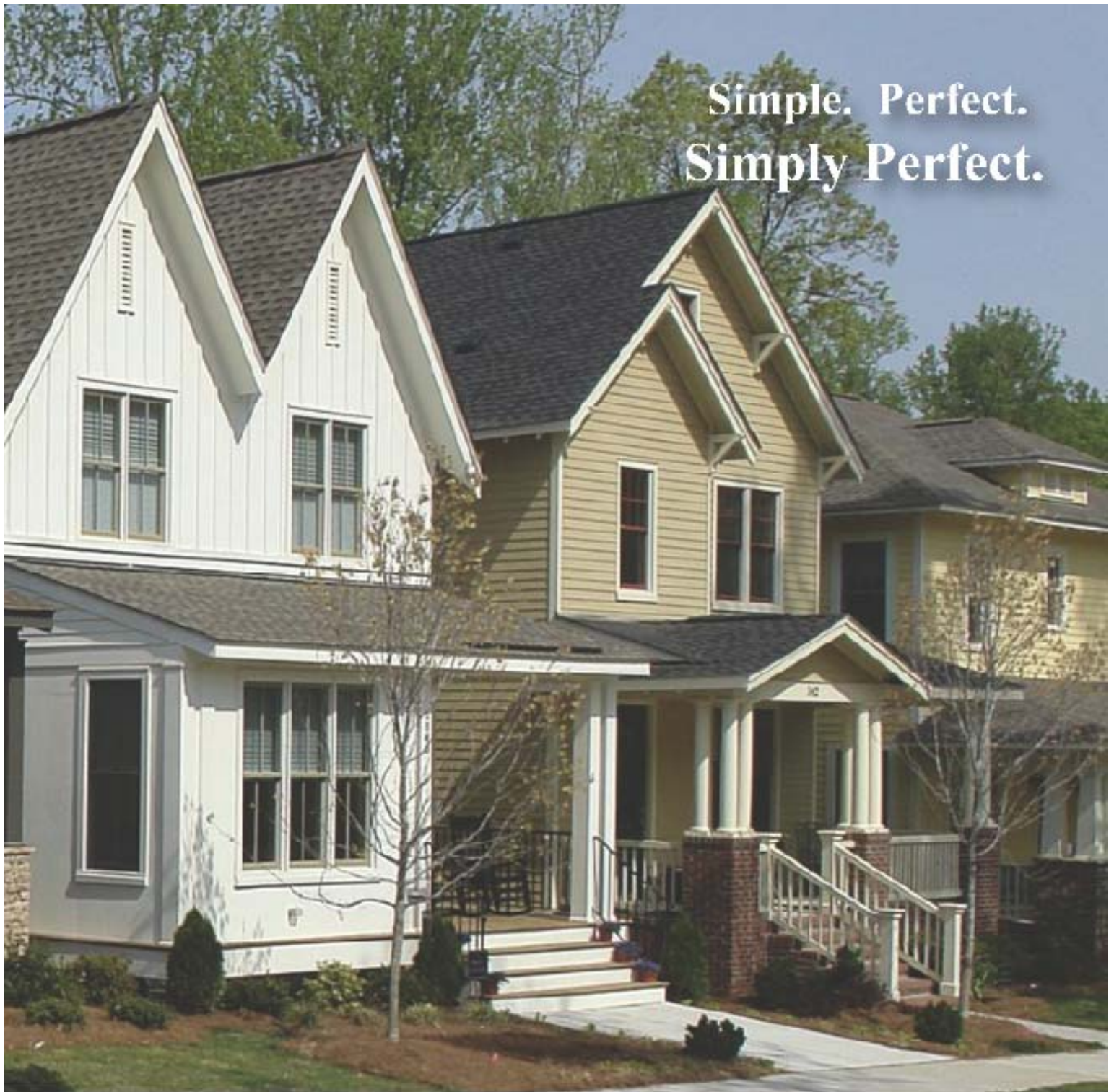
The Symphony whisks you away to the City of Love in a Summerfest finale to remember. Enjoy the music of Django Reinhardt, Edith Piaf, Michel Legrand, Charles Dumont and other Parisian favorites. Also in store: Gershwin's rapturous ode to a night on the town, *An American in Paris*.



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- Fully stocked kitchen of appliances
- Even fireplaces in select units!



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