

Don't Delay – Register Now for the 29th National Health Benefit Seminar (October 18 – 21, 2009)...

Time's flying and there is only one month left to take advantage of the super room discount offered by the Flamingo Las Vegas for the upcoming HBP Seminar. July 18 is the cut off date for the \$55.00 per week-night rate at the Flamingo. Also, be sure to get your Seminar registrations in so you can assure a spot at this informative and FUN seminar.

Along with the outstanding regular Seminar agenda, we have added a few new classes. Director Tim O'Malley will conduct a class on the rules and regulations for membership in the NALC HBP. He will focus specifically on the issues that continuously arise regarding Associate Membership dues and dues affecting postal employees (other than letter carriers).

Our seminar instructors will also conduct a class to demonstrate how to maneuver through the NALC HBP website. This class will be conducted in a room equipped with wireless internet. We are asking anyone with a laptop that has wireless capabilities to bring it with them to this class so you can follow along with the instructors.

Our HBP partners – Caremark, CIGNA and OptumHealth will once again conduct a Health Fair during Sunday's registration hours. Plans are already in the works for providing all kinds of informational material, flu and pneumonia shots, various screenings and demonstrations. Please make every effort to plan your trip to Las Vegas to arrive in time for this outstanding event.

Now, for the FUN part – this Seminar will be the kick-off for the NALC HBP's 60th Anniversary. Our Tuesday evening closing reception will be a gala Anniversary Party. Entertainment will feature Las Vegas crooner and impersonator Andrew James. Andrew has performed in many Las Vegas venues (including a run as Frank Sinatra in the Las Vegas show "The Rat Pack is Back").

We look forward to seeing you all in Las Vegas this coming October!! **DON'T FORGET – SIGN UP TODAY!!!!**