

FDA White Oak Classic The FDA White Oak Classic is an annual event which includes a 5K run and a 2.5-mile health walk. The Farmer's Market is open May through October, and provides employees the opportunity to sample local produce each Tuesday from 11:00 AM to 2:00 PM. Current clubs include: o Golf club o Volleyball and softball o Toastmasters club o Weight Watchers White Oak Fitness Center

FDA and the Federal Occupational Health have partnered together and are prepared to help you with your fitness needs at the White Oak Fitness Center. Various classes are offered including: o Abs and Lower Back o Body Pump o Boot Camp o CX Works o Strength Training o Yoga o Zumba

White Oak Fitness Center Contact Information Phone: (301) 796-2334 Hours of Operation: Monday through Friday 5:30 AM to 8:00 PM Membership: Open to all badged FDA, GSA and AEDC personnel

The program was developed to provide FDA's nursing mothers with a private, sanitary, onsite location to continue the benefits of breastfeeding for mothers and child without adding stress to their already busy life.

Feds Feed Families Food Drive Launched in 2009 as part of President Obama's United We Serve campaign, Feds Feed Families was designed to help food banks and pantries stay stocked during summer months when they traditionally see a decrease in donations and an increase in need. It is designed to promote healthy lifestyle activities and foster greater interaction among FDA staff.

FDA Employee Recreation Association The FDA Employee Recreation Association sponsors a Farmer's Market, discounted tickets, bargain travel, and clubs.

Bring Your Child to Work Day Bring Your Child to Work Day (BYCTWD) encourages children to think about their future careers and get a glimpse of work life at the FDA.

FDA Nursing Mother's Program The FDA University, Work Life Programs Branch has implemented a Nursing Mother's Program for employees who return to work while continuing to breast-feed their babies.

In Washington, D.C., the Capital Area Food Bank receives collections and distributes them through its network of more than 500 partner organizations. The Fitness Center is equipped with the latest LifeFitness brand equipment, with a full line of cardiovascular, strength training and free-weight equipment.

Children, ages 8 years to 18 years, and their parents are able to choose from seminars, activities, games, and tours on a first-come, first-served basis. This annual event occurs each April. Last year alone, more than 14.8 million pounds were donated and provided to food banks and pantries. Even as the economy grows stronger, there are still too many people struggling to put food on the table. This annual event occurs from July to October. There are eight locations on the White Oak campus.