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March 24, 2023

DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"




MISSION ACCOMPLISHED: Yesterday, Plant Executive Director, **Jim Quick** (left), District 3 Committee Person, **Ken Lasley** (center-right), Shop Chairman, **Jason Leist** (right) and members of the plant leadership team joined to recognize and congratulate **Gregory Warzecha** (center-left) for completing his electrician apprenticeship through the [UAW/GM-Skilled Trades Apprenticeship Readiness Certificate \(STAR Program\)](#).


Gregory was one the original candidates selected under the new program in 2019. Along with completing the educational portion of his training and the required number of hours working on the shop floor with a UAW Skilled Journeyman, **Greg** was able to achieve his goal of becoming a skilled trades electrician. Congratulations, **Greg**!

If you or someone you know is interested in joining the skilled trades, click the link in blue above for more information or contact **Warren White** (UAW Skilled Trades Apprentice co-chair) warren.white@gm.com

FREE COVID TESTS: The medical team is providing **free take-home COVID-19 tests** to anyone who would like to have this resource available for personal use. For those interested, you can pick-up **two COVID-19 tests** from the medical dept. during normal hours while supply is available.




EVs FOR EVERYONE, EVERYWHERE



CHEVROLET Our commitment to the electric future is about making electric vehicles more accessible to all. We're constantly growing and adapting with our drivers to provide affordable options, exciting, innovative tech, and convenient, imaginative EV solutions for everyone, everywhere. [Click here to FIND NEW ROADS](#)

CHEVY BOLT EV LEASE AVAILABLE NATIONWIDE IN MARCH 2023




Source: Vince Brown - gmauthority.com

Behind-the-Scenes as Cruise Origin Goes Driverless + What's Next with Cruise AVs

Watch as GM leaders take their first Cruise Origin driverless ride and learn about what's next in our partnership with Cruise ...

23 Mar 23 | Look Ahead, Cruise, Top News,



Wristful Thinking
 Take a few moments for preventative wrist action!

1 Wrist Extension & Flexion Stretch
 Start your day with this stretch to ease wrist tension



- o Straighten one arm directly in front of your chest
- o Apply gentle pressure to the palm side of your hand until you feel a stretch
- o Hold for 15-30 seconds
- o Repeat with pressure on the top of the hand
- o Repeat on the opposite arm

This information is for prevention & health improvement. If you have pain or injury, please consult plant medical or your physician.

Questions?
 Contact Todd Wolschlag LAT, ATC
 P: 810-956-7826 E: twolschlag@work-fit.com

2 Wrist Rolls
 Performing range of motion movements helps improve blood flow



- o Begin in a handshake position with a closed fist
- o Slowly make a circle while keeping your fist closed
- o Repeat for 15-20 seconds
- o Mix up your motion and roll the opposite direction
- o Perform with both wrists at once or one at a time

3 Wrist Deviation
 Warm up the joint and tissue



- o Make a fist with thumb up
- o Gently move fist up and down in thumb up position
- o Repeat 10-15 times each wrist

WORKfit

Introducing **TODD WOLSCHLAGER**

810.956.7826

twolschlag@work-fit.com

WORKfit IS EXCITED TO JOIN GM ORION ASSEMBLY!

How will Work-Fit help you?
 Todd will provide you with personal job-site coaching. He'll give you strategies to reduce your muscle fatigue, teach you proper body mechanics for your job and help you with your personal health.

NEED SOME HELP? CONTACT WORK-FIT TODAY!

WORKfit

Injury Prevention and Management for Your Workforce

What's Todd's Expertise and Why is He at GM Orion Assembly?
 Todd is a Certified Athletic Trainer. He specializes in sports medicine and uses his skills in the prevention of injuries. Athletic Trainers are Board Certified and State Licensed Allied Health Care Professionals.

Go Union-Made During National Nutrition Month **Labor 411**



411 March 23, 2023

By Chris Bruce

Watch Chevy Corvette E-Ray Drag Race Ferrari F8 And Lamborghini Huracan Evo

The E-Ray delivers an impressively quick quarter-mile time against its Italian challengers.

13h ago

motor1.com

