



The Bellefield Buzz

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425-289-4900

April 2017

FOCUSED ON BELLEFIELD'S TENANT AMENITY, PROGRAM AND EVENT UPDATES

ALL INFO CAN BE FOUND ON OUR WEBSITE

Bellefield's First FREE Fitness Fair April 18th *Launch Your Fitness Goals right!*

Exciting opportunity to participate in the 1st Annual Fitness Event

Bellefield tenants and the public are invited to take part in Bellefield's FREE fitness fair on April 18th. The goal of this event is to give attendees an opportunity to access professional health and wellness professionals and fitness coaches in order to set their future fitness goals, no matter what level they are – beginner to athlete. Held conveniently over two lunch hour periods, there are 7 sessions to choose from including: Blood pressure, resting heart rate, cholesterol and glucose testing with **Evergreen Health**; a lecture on the link between nutrition, exercise and stress relief with **The Wholistic Method**; attend a strength and flexibility workshop with **SPT Sport Physical Therapy**; learn injury prevention with **3D Sports**; demo strength and conditioning equipment with **RCF Fitness**; test your body composition with **HIT Corporate Wellness**; and sample whole foods at the **Dilettante Mocha Café**. The sessions were meant to provide you with the information that is most important to you. Participants can choose 4 sessions to attend the day of the event. Pre-registration is required and all Bellefield tenants who pre-register to attend the event will receive a coupon for a FREE Box lunch or salad compliments of Bellefield Programs. Public attendees can purchase lunches the day of event. There will also be a drawing for fitness clothes and equipment from **Lululemon** and **Dick's Sporting Goods**. Don't miss out on this free event as it is a fantastic opportunity to get some vital health and fitness information just in time for the spring and summer seasons. Registration forms and more information is available on our website or by calling 425-289-4903. Pre-registration is required so don't wait another minute to reserve one of the limited spots available to attend this fun, free and informative event.



Recycling, Composting and Refuse Reduction



Bellefield and the City of Bellevue, along with waste consultant Full Circle Environmental, are working together this spring and summer to refine and refresh our recycling and waste reduction efforts here on campus. We were given a B+ on overall effort and office recycling but have some areas of opportunity and improvement for waste reduction and composting programs. Well, we love a challenge so we are working on some initial ideas on how to support some of our larger tenants on helping reduce, re-use and compost even more successfully. Many Bellefield tenants do not know that The Dilettante Mocha Cafe is already manually recycling their cardboard now through their own operation as they are great stewards for the environment. But logistics for glass/can/plastic recycling and compost have been more challenging. We are studying ways to streamline and support those processes. The goal in 2017/2018 is to get to 100% of the Café's glass, bottles and cans making it to the recycling center. The Mocha Café also composts and Full Circle Environmental is working to help them make that program more efficient and cost effective. Of course, our tenants can be a part of the program and part of the community effort we're furthering. The first and easiest way is to use that Republic Services cardboard bin under your desk for the items that are allowed to be thrown into them! And help your co-workers recycle by reminding them what can and can't go into it! If your office or Company would like a special workshop hosted by Full Circle Environmental on what is and isn't garbage, recycle or compost, just call 425-289-4903 Email Mbrownell@pinnacle-commercial.com to get a workshop set up! And when you see the recycle bins around the campus, please dispose of your recyclables carefully so our effort to recycle with no contaminants is successful!



EVENTS & AMENITIES

SAVE THESE DATES!

- April 1 – New Menu Items Available At the Mocha Café**
- April 4: April Flowers for YOU!**
- April 18: FREE Fitness Fair**
- April 24 – May 19th: Photo Contest!**

Spring Spruce-Up

It's been a long, wet winter! But spring has sprung so we are doing some fresh improvements around campus. A handful of dead or dying trees were recently removed and our gardeners are trimming, mowing, raking and planting flowers. We're also going to be painting in selected areas in the Cedar, Madrona and Gateway 112 lobbies, hallways and bathrooms over the coming weekends. We're grateful for the good weather to get some things done!

April Spoiler Alert: Bring a vase and your camera on April 4th!



#bellefieldop

Dilettante Mocha Café

New Items Available on the Menu at the Dilettante Mocha Café!

The Dilettante has some new menu items for you to try this spring! Coconut Macaroons and Blueberry Cake are in the pastry case to tempt you plus some decadent chocolate sliced cakes you can treat yourself to in the late afternoon. Also new is the plump shrimp cocktail appetizer and a usually hard-to-find Bagel & Lox for breakfast! Take some time out for yourself with a fresh Italian soda this spring or even a glass of happy hour champagne. Cheers!



April Photo Contest!

Bellefield Programs is ready to announce our annual photo contest starting April 24 ! We invite all amateur tenant photographers to show off their favorite spring-themed photos! Like last year, the contest criteria will consider 2017 pictures our tenants take here on site at Bellefield – People, Places, Animals, Views! We have three prizes to award – a \$250 Grand Prize and one \$100 Runner Up and one \$100 Most Popular entry. Judging will take place May 22. You can post your photos to our Bellefield Facebook Page or send them to Bellefield@pinnacle-commercial.com to have us post for you. Last year we received 50+ photos and hope to have even more this year! The Facebook tab will begin accepting your photos on April 24th.