



COUNTY OF LOS ANGELES
DEPARTMENT OF HUMAN RESOURCES

579 KENNETH HAHN HALL OF ADMINISTRATION • LOS ANGELES, CALIFORNIA 90012
(213) 974-2406 FAX (213) 621-0387

To enrich lives through effective and caring service

MICHAEL J. HENRY
DIRECTOR OF PERSONNEL

August 6, 2004

To: All Department Heads

From: Michael J. Henry
Director of Personnel

Subject: **WELLNESS FAIR – WEDNESDAY, AUGUST 25, 2004**
PROBATION DEPARTMENT

The next Wellness Fair will be held on **Wednesday, August 25, 2004, between the hours of 10:00 a.m. and 3:00 p.m., in the cafeteria at the Probation Department, located at 9150 E. Imperial Highway, Downey, CA 90242.** Wellness Fairs are sponsored by the joint Labor-Management Advisory Committee on Productivity Enhancement and promote health awareness and well-being. A flyer announcing the Fair is attached.

Wellness Fairs provide free health screenings for diabetes, blood pressure, body composition, skin conditions, hearing, as well as evaluations for ergonomics and grip strength. Massage therapy and an aerobic exercise demonstration will also be available. Dental carriers will display interactive materials. Information will be available about the County's Employee Assistance Program (EAP), and EAP staff will be available to answer questions. County-sponsored and County-approved medical and dental carriers including Blue Cross of California, Blue Shield, CIGNA, Kaiser, PacificCare, Delta Dental, and Safeguard will participate, demonstrating their ongoing commitment to healthier lifestyles for County employees.

We encourage all departments with offices in the area to allow employees to attend during work hours. Wellness Fairs support the County's Strategic Plan Goal #2, Workforce Excellence, by creating a positive work environment and encouraging employee well-being.

MJH:TJH
MH:to

Attachment

c: Each Supervisor
Personnel Officers
Wellness Coordinators

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WELLNESS FAIR

OPEN TO ALL L.A. COUNTY EMPLOYEES

Wednesday, August 25, 2004
10:00 a.m. – 3:00 p.m.

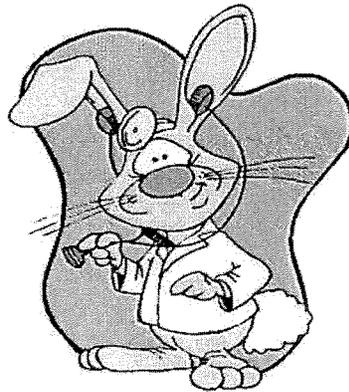
at

Probation Department
9150 E. Imperial Highway
Downey, CA 90242
in the cafeteria

FREE HEALTH SCREENINGS:

BLOOD PRESSURE * BODY COMPOSITION * DERMASCAN * DIABETES
GRIP TESTING * HEARING

AEROBIC EXERCISE DEMONSTRATION, ERGONOMICS AND MUCH MORE!



For more information contact your Department Wellness Coordinator
or

Tami Omoto/DHR (213) 738-2266 * Maria Alvarez/ALADS (818) 678-0026
Ramon Rubalcava/SEIU Local 660 (213) 368-8606 * Andrea Porter/CAPE (213) 484-0400

Sponsored by:
The Labor-Management Advisory Committee on Productivity Enhancement