COUNTY OF LOS ANGELES
DEPARTMENT OF HUMAN RESOURCES

HEADQUARTERS
579 KENNETH HAHN HALL OF ADMINISTRATION • LOS ANGELES, CALIFORNIA 90012
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MICHAEL J. HENRY
DIRECTOR OF PERSONNEL

August 3, 2005

To: All Department Heads

From: Michael J. Henry
Director of Personnel

Subject: **WELLNESS FAIR – WEDNESDAY, AUGUST 31, 2005**
DEPARTMENT OF COMMUNITY AND SENIOR SERVICES

The last Wellness Fair of 2005 will be held on **Wednesday, August 31, between the hours of 10:00 a.m. and 3:00 p.m., in the parking lot at the Department of Community and Senior Services located at 3175 W. 6th Street, Los Angeles, CA 90020.** Wellness Fairs are sponsored by the joint Labor-Management Advisory Committee on Productivity Enhancement to 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, and vision, as well as evaluations for ergonomics and grip strength. Massage therapy will also be available. Dental carriers will display interactive materials. Representatives from the County's Employee Assistance Program (EAP) will be available to answer questions and provide information. County-sponsored and County-approved medical and dental carriers including Blue Cross of California, Blue Shield, CIGNA, Kaiser, PacifiCare, 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:SKL

Attachment

c: Each Supervisor
Personnel Officers
Wellness Coordinators

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WELLNESS FAIR

OPEN TO ALL L.A. COUNTY EMPLOYEES

Wednesday, August 31, 2005
10:00 a.m. – 3:00 p.m.

at

Community and Senior Services
3175 W. 6th Street
Los Angeles, CA 90020

FREE HEALTH SCREENINGS:
BLOOD PRESSURE * BODY COMPOSITION * DERMASCAN * DIABETES
GRIP TESTING * VISION * MASSAGE THERAPY
ERGONOMICS AND MUCH MORE!

For more information contact your Department Wellness Coordinator
or
Susan Kudo-Lee/**DHR** (213) 738-2242 * Maria Alvarez-Jacome/**ALADS** (818) 678-0026
Harold Sterker/**SEIU Local 660** (213) 368-8698 * Shawn Millner/**CAPE** (213) 484-0400

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