



MINUTES OF THE BOARD OF SUPERVISORS  
COUNTY OF LOS ANGELES, STATE OF CALIFORNIA

Sachi A. Hamai, Executive Officer-  
Clerk of the Board of Supervisors  
383 Kenneth Hahn Hall of Administration  
Los Angeles, California 90012

At its meeting held May 20, 2008, the Board took the following action:

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Supervisor Burke made the following statement:

“The Harvard Medical School Health Newsletter cites physical activity as the key component to help avoid a host of serious health ailments in the future. For 2008, the Commission for Women will provide County employees with complimentary classes on fitness and nutrition to compliment those currently sponsored by the Wellness Program and free weekly exercise programs of walking and running. To support this effort and garner maximum participation, and to encourage a record enrollment in the LA Run for Health and Wellness Expo in September, any County Department that is tasked with wellness or health promotion should partner with the Commission for Women and develop an innovative program to encourage healthier lifestyles. The Commission has devised a ‘Steps to Healthier Lifestyle’ initiative, and with the collaboration of the Departments of Parks and Recreation, Public Health and our private partners at Kaiser Permanente and Blue Cross, the program could begin a livable program of health promotion.”

Therefore, on motion of Supervisor Burke, seconded by Supervisor Antonovich, unanimously carried (Supervisor Knabe being absent), the Board took the following actions:

1. Agreed to the establishment of a Committee comprised of the Departments of Public Health-Office of Women’s Health, Parks and Recreation and other wellness promoting organizations such as the Wellness Program, Blue Cross and Kaiser Permanente, to work with the Commission for Women in preparation for their annual Wellness Expo event in order to encourage Countywide preparation for and participation in the “Steps to Healthier Lifestyle” initiative, culminating at the Commission for Women’s LA Run for Health and Wellness Expo on September 13, 2008 at the Rose Bowl in Pasadena; and

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2. Instructed the Acting Auditor-Controller to include the LA County Run for Health Entry form in the August 15, 2008 paycheck for all County employees to notify them of the event and encourage everyone to live a healthier lifestyle by participating in the event.

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Copies distributed:

- Each Supervisor
- County Counsel
- Chief Executive Officer
- Acting Auditor-Controller
- Director of Public Health
- Interim Director of Health Services
- Director of Parks and Recreation