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

April 7, 2003

To: All Department Heads

From: Michael J. Henry
Director of Personnel

Subject: **WELLNESS FAIR – WEDNESDAY, APRIL 30, 2003**
DEPARTMENT OF PUBLIC WORKS

This is to provide you with information about the upcoming Wellness Fair to be held on **Wednesday, April 30, 2003, between the hours of 10:00 a.m. and 3:00 p.m., on the outdoor patio at the Department of Public Works located at 900 S. Fremont Avenue, Alhambra, CA 91803**. 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.

The Wellness Fair will provide free health screenings for diabetes, blood pressure, and skin conditions, as well as evaluations for ergonomics and grip strength. Massage therapy and a health education kiosk will also be available. Dental carriers and representatives from the County's Employee Assistance Program will be available to answer questions and distribute informational materials. 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:to

Attachment
c: Each Supervisor
Personnel Officers
Wellness Coordinators

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WELLNESS FAIR

OPEN TO ALL L.A. COUNTY EMPLOYEES

Wednesday, April 30, 2003
10:00 a.m. – 3:00 p.m.

at

Department of Public Works
900 S. Fremont Avenue
Alhambra, CA 91803
Outdoor Patio

FREE HEALTH SCREENINGS:
BLOOD PRESSURE * DERMASCAN * DIABETES * GRIP TESTING

ERGONOMICS AND MUCH MORE!

For more information contact your Department Wellness Coordinator
or
Tami Omoto/**DHR** (213) 738-2266 * Maria Alvarez/**ALADS** (213) 749-0338 *
Ramon Rubalcava/**SEIU Local 660** (213) 368-8606 * Andrea Whalen/**CAPE** (213) 484-0400

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