City of Alexandria, Virginia

MEMORANDUM

DATE: MARCH 28, 2012

TO: ALL CITY EMPLOYEES

FROM: CHERYL D. ORR, SPHR, IPMA-CP, DIRECTOR,
HUMAN RESOURCES DEPARTMENT

SUBJECT: 17TH ANNUAL HEALTH, WELLNESS, AND BENEFITS FAIR

The Alexandria Wellness Committee and the Human Resources Department are proud to announce the City's 17th Annual Health, Wellness, and Benefits Fair: "Balanced Body, Mind, and Soul." The Fair will be held Thursday May 24, 2012, at the Lee Center located at 1108 Jefferson Street from 9:00 a.m. to 2:00 p.m. Due to parking limitations, free shuttle bus services will be provided from various City work sites.

This is a great time to learn something new, brush up on your current health education, and earn activity points for your 2012 Passport! Please join us and take this opportunity to discover new healthy trends and habits that will impact your life and the lives of your loved ones. Come visit one of our many exhibitors, view various health demonstrations, get a couple health screenings, participate in one of multiple wellness seminars, and learn how the City contributes to the physical, mental and emotional health of individuals as well as the environment. The City's health, dental, pension, and benefits representatives will also be available to answer any questions.

City employees who wish to attend the Fair must receive permission from their supervisors. We ask that supervisors provide time for interested employees to participate in the Fair for a portion of the day, if operational demands permit. Employees are not required to use annual leave to attend the Fair.

We are committed to bringing our employees the newest wellness activities and exhibitors available. I would like to encourage you to take advantage of this event. Whether you are looking for motivation to start a fitness program, a healthier lifestyle or to take advantage of on-site medical screenings, you can find it all at the Health Fair. If you have any questions, please call the Wellness Coordinator Tesha Crockett at 703-746-3790. We look forward to seeing you!!