

GOOD MORNING!

I'M GLAD TO BE HERE WITH ALL OF YOU ON THIS FRIDAY MORNING, AS WE COME TOGETHER FOR THE 'FALL INTO WELLNESS FAIR.'

WORKSITE WELLNESS IS A HIGH PRIORITY FOR ME, AND I HOPE THAT IT'S A PRIORITY FOR YOU, TOO.

WHILE WORKING HARD IS IMPORTANT, KEEPING OURSELVES FIT AND HEALTHY IS ALSO CRITICAL.

KEEP IN MIND THAT HEALTHY EMPLOYEES ARE NOT ONLY MORE PRODUCTIVE, BUT THEY TEND TO ALSO HAVE A MORE POSITIVE ATTITUDE IN THE WORKPLACE.

SO BEING HEALTHY IS NOT ONLY IMPORTANT FOR YOU PERSONALLY, IT IS ALSO IMPORTANT FOR OUR COUNTY ORGANIZATION.

AND THAT'S EXACTLY WHY WE'RE PUTTING THIS EVENT ON TODAY.

HOPEFULLY, YOU'VE BEEN ENJOYING THE ACTIVITIES AND ALL OF THE USEFUL INFORMATION THAT OUR EVENT SPONSORS HAVE ON HAND WITH THEM HERE.

LET ME ALSO RECOGNIZE AND THANK THE VARIOUS WORKSITE WELLNESS COORDINATORS THAT ARE JOINING US HERE TODAY.

THE MOST IMPORTANT TAKEAWAY FROM THIS EVENT IS THAT YOU MAKE THE TIME EACH DAY TO GET THE BLOOD FLOWING AND THAT YOU MAKE WORKPLACE WELLNESS A PART OF YOUR LIFE.

IN FACT, I ENCOURAGE YOU ALL TO TAKE ADVANTAGE OF OUR WELLNESS CENTER HERE IN THE LOBBY OF OUR BUILDING.

WITHOUT A DOUBT, PERSONAL HEALTH AND COMMUNITY HEALTH ARE BOTH WORTHWHILE ENDEAVORS, AND I URGE YOU TO GET INVOLVED IN BOTH.

BE SURE TO GIVE YOURSELF THE TIME YOU NEED TO ACHIEVE WORKPLACE WELLNESS AS PART OF OUR OVERALL EFFORTS TO PROMOTE COMMUNITY WELLNESS TOO.

BEFORE I CLOSE, I WANT TO THANK ALL OF THE MEMBERS OF OUR COUNTY TEAM WHO HAVE MADE TODAY'S 'FALL INTO WELLNESS' EVENT POSSIBLE.

IN PARTICULAR, I WANT TO THANK:

JACK KARDYS, DIRECTOR OF OUR PARKS, RECREATION AND OPENS SPACES DEPARTMENT.

LESTER SOLA, DIRECTOR OF OUR INTERNAL SERVICES DEPARTMENT.

HENRY SORI, DIRECTOR OF THE COMMUNITY INFORMATION AND OUTREACH DEPARTMENT.

JUAN SILVA AND "PARKING MANAGEMENT" MIKE ITURREY.

AND A SPECIAL THANK YOU TO DENNIS GONZALEZ AND SARA VALLAZA FROM OUR COMMUNITY INFORMATION AND OUTREACH DEPARTMENT FOR COORDINATING ALL OF THE EVENT LOGISTICS.

LET'S GIVE THEM A HAND!

THANK YOU ALL VERY MUCH FOR YOUR EFFORTS!

AND THANKS TO ALL IN ATTENDANCE FOR COMING OUT AND MAKING TODAY'S EVENT SUCH A SUCCESS!

ENJOY YOUR WEEKEND AND BE SURE TO MAKE PERSONAL WELLNESS - AND COMMUNITY WELLNESS - A PRIORITY.