



Hey, Wellness Fans!!!

Get excited because we have lots of great wellness events coming up!

There are Healthy Connections Seminars on a monthly basis at the Hall of Administration to help you gain more knowledge on special health topics.

There is also an amazing Wellness Fair this month that will include health screenings and a ton of wellness information!

And, stay tuned for more great events that will take you from the beach to the mountains and include nature walks, hikes, farmer's markets and much, much more!

Also, the winners of the Biggest Loser Challenge are... The Healthy VIPeeps!!!

Please contact Brianna Morales to obtain your certificates and prize!

May 19, 2011 – Healthy Connections Seminar

Topic: High Blood Pressure

Location: Kenneth Hahn Hall of Administration, Room B-62

Time: 12:00-12:50 P.M.

May 25, 2011 – Wellness Fair

Location: Health Services, 5555 Ferguson Dr., Commerce, CA 90022, Employee Parking Lot

May 26, 2011 – Healthy Connection Seminar

Topic: Women's Health

Location: Kenneth Hahn Hall of Administration, Room B-62

Time: 12:00-12:50 P.M.

For more information, please e-mail [wellness@dmh.lacounty.gov](mailto:wellness@dmh.lacounty.gov)