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Renee M. Dixon-Turner (left), Division 5's health coordinator since 2005, often attends community health fairs to obtain information.

Arthur Winston Division Has Healthy Respect for Employee Wellness

by RENEE M. DIXON-TURNER

(April 3, 2008) The Arthur Winston Division has been having health fairs for 15 years, and they have grown to address all aspects of our employees' health. This year's theme encouraged a thoughtful diet and exercise program.

Division management's philosophy is "A healthy employee is a happy employee". We try to present information useful to our employees, as well as their families and friends, so I guess you could say "a healthy family also makes a happy employee."

We had between 200 and 300 employees walk through our information area and the new and returning vendors there. For example, Temple Medical was on hand to provide free blood pressure and glucose screening. Yochanan Israel of the Men of African Descent Cancer Support Group presented a seminar on Prostate Cancer.

The American Cancer Society supplied operators with healthy recipes and literature. LAX Chiropractor provided free spine analysis and massages. Carol Williams of Red Cross Healthy Habits provided helpful information on preparing healthy snacks. She also provided fresh hot air popcorn.



Adrienne Bosley of the California Black Women's Health Project/Black Women's Mental Health Initiative.

Other participants included: Assil Eye Institute, Black Women for Wellness, California Black Women's Health Project, Cancer Ministry, Com Psych, Curves, D.S. Blair & Associates (Estate Planning), HIV/AIDS Prevention Advocate, Los Angeles County Office of Women's Health, Mexican American Legal Defense Fund, Nature's Sunshine, Planned Parenthood, Smile Finders, Touch of Mink, U.S. Bank, Voices Inc., Women @ Risk, and Women of Color Breast Cancer

This health fair was the kick off to the upcoming Metro Wellness Program. The Arthur Winston Division currently has a fitness class every Thursday morning at 10 a.m. in the Transportation department.