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East Valley Division Partners with UTU for Health Fair

- Partnership targets improved employee health

By LORENE KELLEY

(May 22, 2008) The East Valley Division 15 wellness team, with United Transportation Union (UTU) General Chairman James Williams and Carolyn Flowers, Chief Operations Officer, held a Health Fair on May 14, 2008, to encourage participation in the new Wellness Program.

Representatives from the American Heart Association, health care and dental services providers, Metro's Employee Assistance Program and UTU's Employee Assistance Program were some of the vendors at the event, which drew an estimated 250 employees.



At left, Gary Spivack, Division 15 transportation manager, joins the exercises at the division Health Fair May 14. At right, Amy Lopez spurs attendees into motion.



Amy Lopez, health and wellness program manager for the San Gabriel Valley Sector, got everyone up and out of their chairs to do a five-minute workout. Lopez told her audience that a few minutes of exercise a day can help get the blood circulating and improve overall wellness.

Division 15's Wellness Ambassadors, operators Elenilson Cartegena and Daniel Magana, also joined the festivities. Vijay Khawani, director of Corporate Safety, also attended.

The Wellness Program is designed for all employees to become fit and stay healthy.

More information on Metro's Joint Wellness Program can be found online in the [Corporate Wellness](#) pages on myMetro.net.