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Div. 1 Health Fair Screened Employees' for Physical Fitness

By FRANKLIN A. HOLMAN

(April 20, 2004) The Central City Division 1 Health Fair earlier this month was a great way to ensure that operators are physically fit and health conscious.

The fair offered screenings for eyesight, body fat content, blood pressure and back problems. It also featured energy and exercise information.

"We have unhealthy operators out there who don't get themselves checked out, and this Health Fair is a great chance to do that in front of a live, captive audience," said Operator Manuel Guzman Jr. "It's definitely a good idea."

Operators and mechanics both participated in the fair.

Maintain a healthy lifestyle

"Mechanics have the same concerns as the operators," program coordinator Joycenda Bowers said. "We want employees to stay interested in their health and have the tools to maintain a healthy lifestyle."

Retired Operator Ricardo Perez attended the event and told operators what he is doing to stay healthy.

"Being an operator for 23 years, I know what we need," Perez said. "Unfortunately, not all operators are health conscious, but we want them to stay in shape, and that is why we are here."

Division 2 will also be having its annual Health Fair soon.

"We want all sector employees to know if they have a health problem," Bowers said. "The Health Fair is a means to let employees know if they have a health concern so that they can take care of it and stay healthy."



Operator Jose Sandoval gets his vision checked at the Division 1 Health Fair. Below, Operator Gracie Ayala discusses back issues with a chiropractor.



PHOTOS BY FRANKLIN A. HOLMAN