



PRESS RELEASE

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19th Annual Event Supports District's Efforts to Promote Longterm Health

Employee Wellness Faire Offers Flu Shots, Health Testing and Motivation for Healthy Living

Approximately 800 employees converged at the Norwalk-La Mirada School District's Professional Development Center for an annual event aimed at providing employees with resources and inspiration for healthy lifestyles.

The 19th annual Employee Wellness Faire on Nov. 19 featured more than 40 vendors providing services such as non-invasive medical tests, health insurance enrollment information, massages and other health-related resources and giveaways.

Students also got involved, with Norwalk High's culinary program students serving smoothies and healthy snacks.

"For nearly two decades, Norwalk-La Mirada Unified's dynamic Wellness Faire has served to provide our employees with important resources to make healthier lifestyle choices," said Superintendent Ginger Shattuck. "When our employees are healthy and happy, they are better prepared to help us in our ultimate mission to provide the best possible education for the children of our communities."

Health providers offered employees diet and nutrition resources, blood pressure, cholesterol and diabetes testing and information about managing their health.

"We are really proud of what this event has grown into after all these years," said Board of Education President Margarita Rios. "It really is part of a larger Norwalk-La Mirada Unified effort to promote wellness among our employees, students and broader community."

One employee from each school site and District department serves on a Wellness Committee that makes recommendations to promote health Districtwide. Committee members helped to put on the Wellness Faire, in addition to employee wellness initiatives that take place throughout the year. Those programs include raffle prizes for completing health-related activities such as yearly physical and dental exams, joining a sports league and getting a flu shot.

"It's our goal to encourage our employees to take control of their health and change their lifestyle behaviors in fun and engaging ways," said Tony Nahale, Director of Risk Management who coordinated

the Wellness Faire. “If we better manage diseases and make healthy choices, it also helps control rising health care costs, while also leading to savings in health insurance premiums and less absenteeism among staff.”

All services at the Wellness Faire were provided free of cost to employees. More than 200 attendees received a free flu shot. District partner Gallagher Benefit Services coordinates the event every year.

PHOTO CAPTIONS

WELLNESS1: Norwalk-La Mirada Unified staff members receive free massages as part of the 19th annual Wellness Faire on Nov. 19.

WELLNESS2: The Norwalk-La Mirada Unified’s annual Wellness Faire on Nov. 19 drew more than 800 employees featured more than 40 health and wellness vendors and featured non-invasive medical testing, health insurance enrollment information and other resources and giveaways.

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