

County of Henrico  
**INTEROFFICE MEMORANDUM**

**TO:** Agency Heads and Key Officials      **SUBJECT:** Health and Wellness Fair

**FROM:** County Manager      **DATE:** May 17, 2004

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The 2004 Henrico County Wellness Committee will sponsor our annual Health and Wellness Fair on Wednesday, June 9, 2004 at the Western Government Center from 10:30 AM to 1:30 PM. This event will be held rain or shine in the Administration Building Plaza. In addition, that day has been designated as an additional "casual dress day" by me.

The theme for this year's event is "Discover the Wealth of Good Health" and will feature over 40 vendors covering physical fitness, nutrition, safety, financial health, disease prevention and stress management. Many popular vendors are returning and a number of new vendors will participate. The Fair will provide employees with a variety of exhibits, screenings, physical challenges and activities to promote wellness and all aspects of good health including emotional, physical and financial.

This year's "Discover the Wealth of Good Health" event is a component of our new Wellness Program that began in November 2003 with the launching of the Henrico Health Net, our online self-guided health promotion, confidential health risk assessment and incentive program website at [www.co.henrico.va.us/hr/healthnet](http://www.co.henrico.va.us/hr/healthnet).

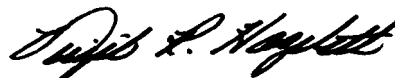
The annual Health and Wellness event is very popular with Henrico County employees and provides useful and important information to encourage employees to improve their health. It has been shown that good health habits increase employee productivity, reduce levels of stress and decrease the amount of time lost from work.

Henrico County food services will again provide special box lunches that can be ordered by calling 501-4358 or 501-5148. The lunches are \$5.00 each and include heart healthy sandwich choices, fruit, cookies and a beverage. Lunches must be ordered by June 4<sup>th</sup>.

I encourage you and your employees to participate in the 2004 Health and Wellness Fair on June 9<sup>th</sup> to really "Discover the Wealth of Good Health".

If you have any questions about the scheduled activities being held on June 9<sup>th</sup>, please contact the Wellness Committee chairperson, Carol Augsburg in Employee Health Services at 501-5033 or by email at [wellness@co.henrico.va.us](mailto:wellness@co.henrico.va.us).

I look forward to seeing you in the Plaza on June 9<sup>th</sup>.



Virgil R. Hazelett, P.E.