

## **October 21, 2011 - City Holds Health & Wellness Fair for Employees**

The second annual Health and Wellness Fair for city employees was a rousing success, drawing more than 300 employees about 20 vendors.

The fair was held Thursday at the SPAR maintenance facility on Shreveport Barksdale Highway. Employees were exposed to a variety of free services, including glucose & cholesterol screenings, vision tests and blood pressure and body fat checks.

“We realize a healthy workforce makes a more productive and happy workforce,” said Angelita Jackson, the city’s Director of Human Resources. “This gives our employees convenient access to needed health screenings and it gives vendors an immediate opportunity to share information about their services.”

In addition to the Health & Wellness Fair, results from the “Biggest Loser” competition also were revealed. First place went to the mother and daughter team of Donna Mariland and Hattie Allen, both SPAR employees. This dynamic duo beat out 32 other two-person teams by losing a combined 29 pounds.

Other top losers during the five-month contest were:

- SPORTRAN’s team of Kavisha Miller & Timothy Davis, 18.6 pounds
- Shreve Memorial Library’s team of Venita Randall & Beverly White, 17 pounds

-SHREVEPORT-

[www.shreveportla.gov](http://www.shreveportla.gov)

[Twitter.com/MayorGlover](https://twitter.com/MayorGlover)