

IN THIS ISSUE...

HPA HQ 1

The Value of Leaders & Followers

Mon Valley 2,3

Think Pink
Employee Spotlight
Center Supports Local Students

Meridian 3,4

CrossFit Testimonial
Massage Therapy
Lunch and Learn
Member Spotlight

Pascagoula 5

Member Spotlight
Meal Prep
Beach Body Boot Camp

Monterey 6

BurnZone Launch Party
Party in the Parking Lot
Staff Promotion

Odessa 7

Permian Basin Health Fair
Team Up Against Falls

Valencia 8,9

Francisco name Rising Star of
the West
Think Pink

Bay City 9

Matagorda Health Fair
Zumba

Thomaston 10

Member Spotlight
New Fitness Director
Happy Anniversary

HR Corner 11,12

In the News

THE VALUE OF LEADERS AND FOLLOWERS

One of the unique aspects of our job is that we get to interact with people across the country who are making a difference. Our clients have a wide variety of market challenges and strategies, but they typically represent some of the “best of the best” when it comes to innovation, dedication and integrity. Because we pride ourselves on seeing our clients as true partners, the relationships often evolve into mutual respect and long-term friendships.

Recently I read an article published in the Monitor, Monongahela Valley Hospital’s newsletter and asked Lou Panza, MVH’s CEO if we could share his inspiring thoughts. HPA has had the honor of working with Lou and MVH for over a decade and he and his team are very special to us. His thoughts on leadership are worth sharing as our keynote in this issue:

PRESIDENT’S MESSAGE

The Value of Leaders and Followers

Are you a leader, follower or actively disengaged?

Anyone can be a leader in an organization—sitting at a desk, carrying business cards or having a long title are not requirements.

We all know people who are not managers, supervisors or directors, but are leaders among co-workers. Leaders display honesty and integrity. They inspire others. They come to the hospital ready to perform their duties with a strong commitment and passion. These people are courageous yet humble. They display accountability.

Furthermore, they show creativity and innovation. Followers are just as important as leaders. While organizations rely on how well their leaders lead, equally important is how well followers follow. Leaders and followers depend on each other for success. Followers play invaluable roles because they offer specialized skills and the power to enhance the organization. Followers come to work pleasant and never allow their personal issues to impact their work. They uphold the values of the organization and do not take shortcuts or compromise the team’s

integrity. Followers know their responsibilities and do not wait to be told what needs to be done—they just do it. They seek improvement and learn how to perform their current job and seek opportunities for increased responsibility and promotion. They serve the needs of the organization and assist others. The good news is that in 2013, Gallup conducted research and found that five out of every six employees are either leaders or followers. However, the research also reveals that one in six people is disengaged at work. They noted that these people drain an organization’s resources and lower morale. They ultimately spread their discontent among the staff.

At Monongahela Valley Hospital, every one of us is here to enhance the health of the people who come to us for care. Our patients expect and deserve to have positive experiences. It is our obligation to exceed their expectations—every patient—every day—and we can only do this if we are all leaders and followers 100 percent of the time.

LOUIS J. PANZA JR.
President and CEO

MON VALLEY...

THINK PINK FOR BREAST CANCER AWARENESS



Staff: Don, Casey, Sean, Kristy and Chad

As everyone knows, October is Breast Cancer awareness month, and the staff at the Center for Fitness and Health has made it their mission to raise awareness. Throughout the month of October there are multiple opportunities for employees and members to provide donations to the Mon Valley Hospital's mammography group and Breast Cancer Walk. The members and staff are encouraged to wear pink on Fridays and donate to the mission. Fitness Center staff designed t-shirts with a Wonder Woman logo infused with a breast cancer awareness ribbon. Their initial order of shirts sold out in just three days. In addition, the group exercise instructors are selling raffle tickets throughout the week, and one ticket is pulled at the end of each week for a mystery prize. Some of the mystery prizes included a pink Yeti mug, massages, and pink soap. Finally, the membership department is providing a portion of



the new member initiation fee to be donated to Mon Valley Hospital to be used for financial assistance for mammography.

Everyone at the Center for Fitness and Health is making a collective

effort to support those who are currently battling breast cancer, helping to raise awareness, and to support the fight to end breast cancer. In addition, they are proud to help support Mon Valley Hospital in their efforts during Breast Cancer Awareness Month!

Putting **your health first.**

Center for Fitness and Health



EMPLOYEE SPOTLIGHT...

KAREN JOHNSTON



Front Desk employee Karen Johnston recently competed in the 41st Annual Pittsburgh 5K Great Race. Karen, competing in the 65-69 age group, finished 6th (out of 68) in her age group and 490th overall out of 1,540 female runners. Karen works the opening shift three days per week and has developed a great relationship with early morning members.

The energy and passion Karen has are evident in her work performance. One long time member had this to say, "With my work schedule, early morning is my only chance to exercise, the greeting I get from Karen always makes my day. I witness her greeting all members by name and showing an interest in our lives." Karen and her husband Howard are avid exercisers and devoted University of Pittsburgh football season ticket holders. They also enjoy driving to Connecticut to visit their daughter and grandchildren. Karen enters a new age group next year and has a goal of finishing first in the 70-75 age group.

(More on Mon Valley see page 3)

THE CENTER FOR HEALTH SUPPORTS LOCAL STUDENTS



The Center for Fitness and Health recently developed an Athletic Performance Program. The focus was to help area athletes reach

their full potential of athletic performance in a safe, challenging and fun environment. The curriculum was developed to improve performance by working on strength, power, speed and quickness. A by-product of the program was improved self-confidence of the athletes. Certified Personal Trainer Tim Livingstone, who developed the curriculum, had this to say; "Seeing a young athlete commit to the Athletic Performance Program, make improvements and share their success on the field, is extremely rewarding. To see how the athletes are rewarded for their efforts is motivation for me to continue to challenge these kids to be the best they can be." Trainer Tim has worked closely with the Belle Vernon Football Team that currently has a record of 6 wins and 1 loss, ranking 3rd in class 5A. The student athletes pictured with Tim

have participated in the Athletic Performance Program.

Center for Fitness and Health Personal Trainers Sean Boyles and Casey McHolme have worked as strength

and conditioning coaches for Elizabeth Forward High School Swim team. The team has benefited from the program and the girls team won their section and sent multiple athletes to the Pennsylvania State finals.

Representatives from the Center for Fitness and Health have spoken at various high school and community events to present benefits of the program. Feedback from parents has been very positive. One father, whose son participated in the program, commented that: "my son went into the season with a self confidence that he never had before. He expected to succeed."



CROSSFIT TESTIMONIAL...

AMBER HOLIFIELD

CROSSFIT TORMENT:

THE POWER TO CHANGE YOUR LIFE.



We recently interviewed Crossfit Athletes, and Amber Holifield shared her experience with the program:

"I've been doing Crossfit for 5 years. If you're thinking about starting Crossfit, and you're a little hesitant; we've all been there. We've all had our first day- it's terrifying- but come because once you come and you meet the people and you experience the community, you're going to fall in love

with it. It's not easy, but if it were easy, everybody would be here doing it."



MERIDIAN...

MASSAGE THERAPY

We are excited about our new Massage Therapist, LaPorshia Mitchell, coming soon at our very own Anderson Health & Fitness Center!

LaPorshia takes great pride in helping others; whether it is for relaxation, balance, time away, or for medical purposes. She is a graduate of Healing Touch Career College and is a licensed Massage Therapist with experience and training in Deep Tissue Massage, Prenatal Massage, Relaxation Massage, Hot Stone Massage, and Sport Massage.

Along with being a licensed Massage Therapist, LaPorshia has a Bachelor's Degree from Delta State University in Exercise Science and has another role at AHFC as a Fitness Instructor, where she is able to provide a fun way to help others meet their fitness goals in a dynamic and enjoyable environment.

In addition to teaching and massage therapy, LaPorshia enjoys spending time with her family and playing a variety of sports around the Meridian area.



LaPorshia Mitchell, Massage Therapist & Fitness Instructor

MEMBER SPOTLIGHT...

LISA POWELL

With October being Breast Cancer Awareness Month, Lisa Powell, who is a member of Anderson Health and Fitness Center, was interviewed by Twin States News. Lisa was recently diagnosed with Stage 3 Breast Cancer. Lisa discussed what is keeping her strong and hopeful through treatment, as well as the unique treatment she is undergoing.



Pictured: Lisa Powell with Personal Trainer, Angie Diveley



Member, Pauline Grace, celebrated her 97th birthday in August. She is pictured here with her best friend, Mr. Fred Brown.



HEALTH FAIR AT MISSISSIPPI POWER

Staff members from Anderson Health & Fitness Center participated in a health fair at Mississippi Power. At the health fair, AHFC provided approximately 50 employees with BMI, % body fat, and nutritional education. AHFC also included facility information, class schedules, and childcare information.



Pictured: Amanda Reynolds & Terald McBeath

LUNCH & LEARN AT ANDERSON REGIONAL CANCER CENTER



On August 16, 2018, Matt Espey, Clinical Integration Coordinator at Anderson Health & Fitness Center led an informative Lunch & Learn session at Anderson Regional Cancer Center. Espey spoke to an auditorium full of members of the community on the topic of "Fatigue & Exercise." The lecture reached beyond those battling cancer, but definitely highlighted the latest trend by clinicians to utilize exercise as a complimentary prescription during treatments.

"A little goes a long way," was part of the underlying theme. This, coupled with appropriate physiological reasoning, had the attendees convinced by the end of the lecture. Convinced not only that their lack of exercise contributes to their daily malaise, but that they have the capability to do something about it... hopefully they choose to do something about it as members of Anderson Health & Fitness Center!

Healthplex

SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center

HEALTHPLEX MEAL PREP

POWERED BY HEALTHY REVOLUTION

Convenient – Fresh – Healthy – Balanced

Singing River Healthplex is now offering Meal Prep services! We know that many of our members join our facility with weight and diet concerns. However, without proper eating habits, they would not be as likely to achieve positive results. With the addition of our new Meal Prep services, combined with all of the ongoing fitness and wellness programs and classes, Singing River Healthplex members can truly rely on their Club to provide answers to all of their health and nutrition needs. You cannot out work a bad diet!

INTRODUCING THE NEW Singing River HEALTHPLEX MEAL PREP program!



NOTHING MOTIVATES LIKE RESULTS!

MEMBER SPOTLIGHT...

BRENDA CRUZ

Brenda Cruz began training at Singing River Healthplex when she participated in the 6th Annual Shape Up Mississippi weight loss challenge. Brenda's drive to becoming healthier and happier is a true testament that anyone can achieve anything they wish to; if they put their mind to it. Before she began working out, Brenda found herself depressed and unhappy with her sedentary life style; now, through her hard work and dedication, she has lost 80 lbs, and is motivated, determined and enthusiastic with each new day! Brenda says, "whenever I see myself in the mirror I feel beautiful and pretty." (with her trainers Isabel to the left and Emily to the right).



BEACH BODY BOOT CAMP



Singing River Healthplex is located near some of America's finest beaches, so it was only logical for us to start our first ever Beach Body Boot Camp. Beach Body Boot Camp was created in order to provide members and nonmembers with the opportunity to get out and get moving. Beach Body Boot camp takes place every other Saturday, and the trainers create new and innovating workouts to keep participants coming back for more.





MONTAGE
Wellness Center

MONTEREY...

BURNZONE LAUNCH PARTY

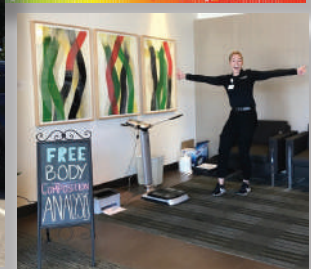


On October 6th Montage Wellness Center Salinas launched its new BurnZone Program. BurnZone is a whole new approach to group fitness where participants can monitor their heart rates in real time and make sure they're getting the most of their workouts. Exercising with a heart monitor has several advantages, including motivating participants to work harder than they normally would and making it impossible to cheat. The latest studies show heart rate training is currently the best method to improve aerobic as well as anaerobic fitness. Our inaugural class members received a goody bag for participating and attacked the class with vigor! Classes will continue to run on Tuesday and Thursday throughout October and are open to members and public.



PARTY IN THE PARKING LOT- THE SEQUEL

The Montage Wellness Center held the second annual Party in the Parking Lot during September at our Marina location. Events included health screenings, a Fun Run, Zumba Party and an Epic Workout with Hillary. Over 30 people took advantage of the health screenings and 20 participants, members as well as non-members, participated in the Fun Run. Members and guests were treated to breakfast and wore their new sunglasses as they danced the night away! Fun Run participants received a participatory goody bag with a water bottle, lanyard, headphones and sweat towel.



STAFF PROMOTION



Montage Wellness Center is proud to announce that Shannon Hurlburt will move from a Personal Trainer into our full time Salinas Membership Services Supervisor. Shannon has an extensive background in the fitness industry

beginning with his professional career in dance. Due to injury, Shannon was able to experience the benefits of rehabilitation which kindled a new pathway and passion for him to pursue.

Shannon had worked in the San Francisco Bay area before relocating with his family to Monterey County and finding his new workplace family at Montage Wellness Center in Marina. He quickly excelled as a trainer, having an immediate impact on our training staff.

Shannon's skill sets and natural empathy for our membership base will certainly be of great benefit as he fills in the Membership Services role in Salinas. While Shannon will still maintain some training hours, his new primary focus will be the membership growth in our Salinas facility. Montage Wellness Center is also introducing new programming in Salinas to help boost the membership experience and to differentiate the level of service we provide to our members.



Mission Fitness participated in the 2018 Permian Basin Health Fair on Saturday, September 29th. This event, sponsored by Medical Center Healthcare System, celebrated its 35th Anniversary by offering complimentary health screens including blood sugar/glucose, blood pressure, cholesterol, body composition, vision testing, balance testing, skin cancer screening and other demonstrations to the community. Mission Fitness, in partnership with MCHS Trauma Services, introduced its new Fall Prevention Program to the community during the health fair.



AMERICAN HEART ASSOCIATION HEART WALK

Mission Fitness hosted the 2018 Permian Basin Heart Walk on Saturday, September 22nd. Over 300 participants joined the walk, sponsored by the American Heart Association, and accepted the challenge to help fight heart disease and stroke.

Mission Fitness Team members Katelyn Bright and Yaurely Arroyo led the warm up for the walkers and assisted in the coordination of the day's events that also included booths with information on heart health, stroke awareness, cardiac rehabilitation and other preventative measures to fight heart disease. Over \$105,000 has been raised to date for the 2018 Permian Basin Heart Walk.



FRANCISCO NAMED "RISING STAR OF THE WEST" BY MEDICAL FITNESS ASSOCIATION



Catherine Francisco, the Henry Mayo Clinical Integration Coordinator was recently named the Rising Star of the West Region by the Medical Fitness Association. This award recognizes outstanding individual achievement and significant leadership within the medical fitness community. Her passion stems from a preventive

approach with the mind set that "Exercise is Medicine". Catherine has experience working in rehabilitation settings such as physical and occupational therapy- which helps her approach the clinical aspect of her position. In addition to her clinical experience, Catherine chose to diversify her education by becoming certified as a Certified Strength and Conditioning Specialist. With this background, she has the knowledge and ability to help different populations through exercise.

Catherine has been instrumental in the rapid growth of Henry Mayo Fitness and Health's Clinical Integration Program. As the Coordinator, she is in charge of closing the loop in the "continuum of healthcare" between the Fitness Center and the Hospital by acclimating patients discharged from physical therapy and cardiac rehab to a gym-like setting. Since assuming her position, Catherine has increased patient referrals to the Club by 62% and increased prospect conversions by 50%. The key to her success is her belief that quality of service and sales revenue should not be mutually exclusive. She has established a trusted relationship with the Hospital's clinical areas by creating standard operating procedures for the fitness staff that detail care standards for patients. For the Diabetes Prevention Program, she created a structured exercise program that has been a big part of the program's high retention rate. Catherine sees her role as a Lifestyle Specialist, and helps lead professional development meetings in which she expands upon the components of functional training and special-case scenarios. Her scope has helped many of our members correct limitations while pushing competent movement patterns.

THINK PINK

Breast Cancer Awareness Month is an international health campaign lasting the entire month of October that is intended to increase global awareness of the problems of breast cancer. Since it began, campaigns to increase awareness of the disease, to educate people about methods of prevention and early detection, and to raise money to support research have extended to countries around the world. Henry Mayo Fitness and Health supported the Breast Cancer awareness efforts by having each instructor offer one group exercise class as a "Think Pink" class. Members were rallied to wear anything pink to spread awareness. To encourage participation, the class with the most participation was given Jamba Juice gift cards.

In 2008 some 1,380,000 million new cases and 458,000 deaths were reported worldwide. North America has the highest



Valencia Continued on Page 9

incidence of breast cancer. Overall new cases of the disease are diagnosed more frequently in countries in developed regions of the world, such as North America and Europe, than in countries in impoverished regions, such as certain areas of Asia and Africa. Many members come to the Center with a variety of diagnoses and the staff has focused their efforts to support those members with exercise options, nutritional and educational information as well as emotional outlets. The Center is proud to offer two separate support groups on site for those with health issues along with educational classes focused on diet and nutrition for inflammation.



BAY CITY...

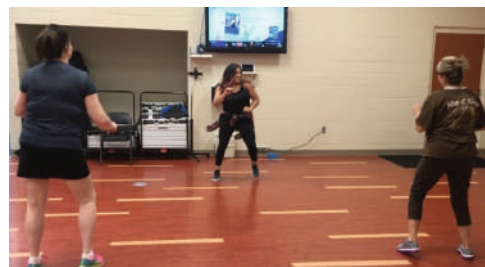
HEALTH 360 AT MATAGORDA HEALTH FAIR

Recently the Health 360 program reintroduced itself to Matagorda County, Texas, a popular spot for serious Gulf fishing expeditions. Since this small community takes prides in taking care of travelers and visitors, it was exciting for us to help take care of them by helping to raise awareness of preventive health ideas. At our booth the staff was able to reach many diverse individuals to explain the benefits of wellness while promoting our diverse services such as functional training, personal training, nutrient consultations, stretching and even massage. We discovered that most people in our community do not know their own BMI and the benefits of being "in range". On site testing enabled our staff to discuss being proactive about health. For example, one of the participants who tried, but could not lose weight without support realized that simply working out by itself is not enough! She is now one of many who signed up that day to join the program.



ZUMBA

Health 360 is now offering many new group classes to our members as we continue to build our program. One of our most popular has been Zumba. While many of our members originally believed that Zumba is just "a girly work out", both our men and women have been surprised at just how effective (and challenging!) doing Zumba three times per week can be in improving their cardiovascular health. Zumba can help with not just losing weight, but also lower the risk of heart disease, reduce blood pressure and bad cholesterol, while boosting good cholesterol. Zumba also helps with diabetes, as having diabetes can make it difficult to lose weight. Zumba can be a part of the solution as it can help lose the weight while building muscle. Zumba movements deliver a cardio based workout that focuses on movements that tend to help lower blood sugars. Zumba at Health 360 has been such a huge success that many members who try Zumba get "hooked", just having fun and not realizing all the benefits they are gaining from simply dancing.



THE WELLNESS CENTER OF URMC WELCOMES BACK LAURA SISCEL AS FITNESS DIRECTOR.

Laura has always been a fitness enthusiast; she grew up in Fairmont, WV where she competed in gymnastics from an early age and throughout high school. Laura went on to receive her undergraduate degree from Fairmont State University in West Virginia before moving to Charleston, SC and later settling in Thomaston, GA. She began her fitness career at The Wellness Center of URMC in October of 2006 when the facility first opened. Over the course of her career, she has regularly competed and placed in 5k, 10k, Half Marathons, Triathlons, and cycling competitions across Georgia.

Her desire to help other people has fueled her passion to continue her education by obtaining certifications from American Council on Exercise that include Personal Training, Nutrition, and Senior Exercise in addition to Sports Injury and Rehab. We are pleased that Laura has returned to the Center in this key leadership position.



MEMBER SPOTLIGHT...

LINDA BEST



I am 71 years old and very active. I enjoy hiking, am a frequent kayaker, and do lots of yard work. My goal is to remain strong enough to continue those activities, stay healthy, and look nice. I presently work out at The Wellness Center three days per week, always starting with about

a 40-minute yoga/stretch/floor exercise practice, alternate strength training machines with free weights, and walk three miles on the elliptical.

Although I have arthritis in my hips, lower back, fingers, and shoulders, the strength and endurance I have found in yoga helps me to incorporate breathing and yoga poses into my workout in such a way that keeps my pain at a minimum and keeps me flexible and slim. My goal is to continue to work through the aches and pains that come with age and I am thankful for such a wonderful facility in which I can do this. Upson County is so fortunate to have The Wellness Center."



HAPPY ANNIVERSARY

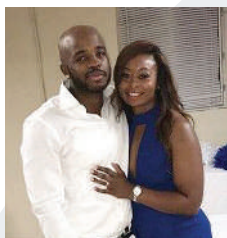
The Wellness Center of URMC celebrated its 12th Anniversary with a Member Appreciation Open House at which Dr. Mark Dorogy presented "Exercise and Your Heart." Dr. Dorogy is a cardiac specialist in Thomaston and has been practicing for 32 years. He graduated from Temple University School of Medicine in 1986 and specializes in cardiology and interventional cardiology.



healthplex associates, inc.

IN THE NEWS

Congratulations



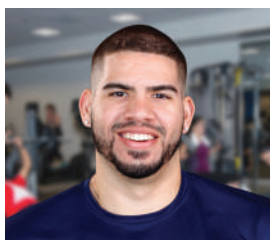
LaPorshia Mitchell, Massage Therapist and Group Fitness Instructor at Anderson Health & Fitness Center in Meridian, MS pictured at her recent engagement party!!

It's a GIRL! Mission Fitness trainer, **Amber Valles** and her husband Steven are expecting their first child.



Congratulations to Mission Fitness Personal Trainer, **Katelyn Bates**, on your ACSM Personal Training certification.

Congratulations to Henry Mayo Personal Trainer, **Jessica Backurz**, on your ACSM Personal Training certification.



Congratulations to Henry Mayo Personal Trainer, **Darian White**, on your ACSM Personal Training certification.

Mission Fitness Exercise Specialist, **Nicholas Wittkopp**, was named the Academic runner of the year for the Lone Star Conference



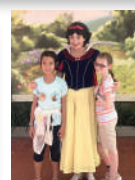
Travel

Adam Hodges, General Manager at Anderson Health & Fitness Center in Meridian, MS, pictured at Machu Picchu, Peru.



Foreign Exchange

Renee' Clark-McDonald, Human Resources, and her family hosted Yuge (aka Olive) for a week. Olive is from Beijing and travelled to the US for a special 3 week hosting program. She became part of the family during her time with the McDonald's. The kids enjoyed ice cream, karate lessons, face painting/makeup, and they even took a special trip to Disney World for Olive to experience the true American culture. Olive taught the family about Chinese culture and customs while the family taught Olive as well.



HPA Employees

Recognition of third quarter milestones

HPA BIRTHDAYS

PWM- Montage

Range, Christopher T.	07/12
Villaneda, Steven C.	07/15
Johnson, Nancy K.	07/19
Vera, Diana	07/23
Ortiz, Avery	07/25
Castro, Marcus A.	08/03
Valladares, Valerie I.	08/07
Avina, Anthony	08/22
Kirmon, Judith M.	09/01
Trego, Dawn M.	09/06
Pajas, Rachel S.	09/16
Rosenberger, Joanne	09/19
Van Hoose, Amber	09/21
Parr, Michael	09/21
Ruiz, Angelina B.	09/28

Henry Mayo

Duzick, Sharlene R.	07/12
Manseau, Sven	07/26
Enriquez, Susan D.	08/16
Backurz, Jessica R.	08/21
Stella, Steven	08/26

Watson, Felisha M.	09/07
Solorio, Windy	09/15
Chambers, Sue	09/23
Liddiard, Dionne	09/23
Vidal, Alexander A.	09/25
Cohen, Patricia	09/27

Thomaston

Barton, Kayla	08/02
Greene, Adam D.	08/09
Peek, Pamela L.	08/16
Perry, Kristina L.	09/24

Corporate

McKeag, Douglas B.	07/21
Robbins, Carol L.	09/11
Nadel, Mark A.	09/20

Mission Fitness

Chavez, Carmen G.	07/16
Arroyo, Yaurely	07/19
Billings, Airi T.	07/22
Cavazos, Zachary C.	07/24
Saxton, Shauna J.	08/18
Perez, Karyn	08/28
Veloz, Ana	08/28
Vasquez Brooks, Marie E.	09/03
Subia, Lauren S.	09/12

Boyd, Marissa A.	09/21
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Singing River

Toffe, Isabel	07/16
Stogner, Logan N.	07/18
Barr, Ryan C.	07/19
Webb, Natalie	08/04
Williams, Aaron M.	09/14
Porter, Tracy L.	09/20
Vance, Steven	09/30

Meridian

Hagan, Monica A.	07/03
Mitchell, Laporshia S.	07/10
Gutierrez, Sierra H.	07/11
Home, Jennifer E.	08/05
Newman, Melanie D.	08/12
McKinney, Jason T.	08/12
McKee, Sage S.	08/18
Crenshaw, Angela L.	08/20
Powe, Deborah R.	09/15
Hill Anderson, Kristin G.	09/16
Mancini, Davin	09/22

Matagorda

Larsen, Carolyn	07/09
Arnold, Ronnie A.	09/04

HPA NEW HIRES

PWM- Montage

Valladares, Valerie I.
Topete, Eliseo N.
Boucher, Norah Belle
Smith, Sarah M.
Neer, Karlee R.
Pajas, Rachel S.

Henry Mayo

Hobson, Gene
Vidal, Alexander A.

White, Darian R.
Martin, Ray M.
Guzman, Rosie

Thomaston

Birdsong, Sonya
Greene, Adam D.
Partain, Nathan T.
Barton, Kayla

Mission Fitness

Bates, Katelyn M.
Wittkopp, Nicholas
Wyse, Olivia
Galvan, Abby H.

Okunola, Fadekemi D.
Alvarez, Josefina
Bruington, Sierra a.

Singing River

Burrow, Victoria
McKinney-Hill, Cynthia N.

Meridian

Allen, Brittany N.
Reynolds, Amanda J.
McWilliams, Aubree R.
Gutierrez, Sierra H.

Matagorda

Beltran, Chelsea D.

ANNIVERSARIES

PWM- Montage

Campos, Leigha M.	3 Yrs, 2 Mths
Villaneda, Steven C.	2 Yrs, 1 Mths
Rosenberger, Joanne	2 Yrs, 0 Mths
Mueller, David	1 Yrs, 2 Mths
Ortiz, Avery	1 Yrs, 2 Mths
Saucedo, Isabel G.	1 Yrs, 2 Mths
Ruiz, Angelina B.	1 Yrs, 2 Mths
Vazquez, Cynthia	1 Yrs, 1 Mths
Horca, Connie	1 Yrs, 0 Mths
Johnson, Nancy K.	1 Yrs, 0 Mths

Henry Mayo

Chediak, Deborah L.	2 Yrs, 1 Mths
Enriquez, Susan D.	2 Yrs, 0 Mths
Solorio, Windy	2 Yrs, 1 Mths
Gonzalez, Ricardo	2 Yrs, 1 Mths
Satterfield, Tina	2 Yrs, 0 Mths

Sears, Laure A.	2 Yrs, 0 Mths
Watson, Ericka E.	2 Yrs, 0 Mths
Willis, Lynette A.	2 Yrs, 0 Mths

Thomaston

Perry, Kristina L.	4 Yrs, 2 Mths
Merritt, Crystal R.	2 Yrs, 2 Mths
Glisson, Thomas N.	2 Yrs, 2 Mths
Smith, Jessica A.	2 Yrs, 1 Mths
Kaczmarek, Kelli C.	1 Yrs, 2 Mths

Corporate

Hill Anderson, Kristin G.	8 Yrs
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Mission Fitness

Slider, LaDarius A.	3 Yrs, 0 Mths
Carrigan, Heather D.	3 Yrs, 0 Mths
Marquez, Gabrielle	1 Yrs, 2 Mths
Bybee, Michelle L.	1 Yrs, 1 Mths
Kirk, Michelle L.	1 Yrs, 1 Mths
Vega, Kathryn	1 Yrs, 0 Mths

Singing River

Barr, Ryan C.	8 Yrs, 0 Mths
Bourque, James C.	2 Yrs, 0 Mths

Barlow, Shannon B.	7 Yrs, 2 Mths
Vance, Steven	1 Yrs, 1 Mths
Toffe, Isabel	1 Yrs, 0 Mths

Meridian

Diveley, Angela P.	8 Yrs, 0 Mths
Espey, George M.	8 Yrs, 0 Mths
Hodges, Adam T.	8 Yrs, 0 Mths
Robinson, Kimberly R.	8 Yrs, 0 Mths
Webb Vanderpoorten, Sarai	8 Yrs
Hardy, Mallory E.	6 Yrs, 2 Mths
McClelland, Cynitha D.	5 Yrs, 2 Mths
Ingram, Payton A.	1 Yrs, 2 Mths
Hannington, Melliza J.	3 Yrs, 1 Mths
Dew, Keri B.	2 Yrs, 2 Mths
Dudley, Sarah H.	2 Yrs, 0 Mths
Green, Chelsea R.	1 Yrs, 2 Mths
Gonzalez, Savannah J.	1 Yrs, 1 Mths
Coate, Reva S.	1 Yrs, 1 Mths

Winnetka

Burgett, David P.	2 Yrs
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