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HR Corner

IT CAN BE DONE

The emphasis on population health management has made supporting a healthy lifestyle an accepted reality for our system of healthcare delivery. Few hospital leaders would not strongly support development of a medical wellness center if funding was available. Unfortunately, with declining reimbursement and uncertainty about the Affordable Care Act, finding capital for needed healthcare facilities causes some hospitals, particularly small and rural hospitals, to give up on medical wellness without trying to find a way to do it. One hospital took a chance and found a way.

In 2011, an innovative and determined CEO, Steve Smith at Matagorda Regional Medical Center in Bay City, TX, contacted HPA about exploring the possibility of developing a Healthplex in this community of 17,000. We explained that because of the small market size, it would be challenging to make it work without a lot of creative thinking, community support and determination. But it could be done, particularly if a large portion of the capital required to build it was donated. Steve said they had a significant need for community health improvement and that the Medical Center, physicians and the people in Bay City would be solidly behind the effort.

The cost would run several million dollars. Steve informed us that he was aware of another small community in Texas that had received a grant from the Federal Emergency Management Agency (FEMA) to build a community center that could quickly be turned into a hurricane shelter in the event of a storm approaching the Texas gulf coast.

HPA worked with the Hospital and community leaders to prepare the request to FEMA, making a strong case for the benefit of a wellness center to the community and the ease with which floor equipment could be moved in order to allow FEMA to use the building in a hurricane. FEMA was impressed and awarded funding for 75% of the building. As construction neared completion, Steve asked HPA to manage the MRMC Fitness Center and we assembled a great team and began to deliver what the community had hoped for. End of a happy story? Not so fast.



The requirements for the building were:

- Be in the shape of a dome.
- Be able to withstand winds of 200 MPH.
- Be 24 feet or more above sea level.
- Have the capability of clearing at least 80% of the floor space for cots and emergency personnel.

In August of this year, as Hurricane Harvey approached, the HPA team went into action and cleared the required space for the expected first responders who would be using the facility. A mandatory evacuation order for the city was issued, so the HPA team left to find a place to ride out the storm. Over 100 first responders and community officials came to the shelter and experienced the hurricane in total safety, ready to emerge as soon as the worst had passed. Everything worked as planned until an unanticipated water release from area reservoirs, resulting in a potential danger of the entire town being flooded under 10 feet of water. A second mandatory evacuation order was given that included the first responders. Fortunately, the town did not flood and the building was not damaged. The team returned shortly thereafter to re-open the center.

We congratulate Steve Smith on this remarkable accomplishment.

Healthplex Associates is proud to have been a part of this initiative that offered both the gift of better health as well as shelter from a storm.

It can be done.



Mark A. Nadel, FACHE
Managing Director and Partner

MON VALLEY...

CENTER FOR FITNESS AND HEALTH HOSTS EVENTS

Late August provided a lot of excitement at the Center for Fitness and Health. In one action packed weekend the CFH staff hosted a 5k and a powerlifting meet. Both events provided an atmosphere of euphoria for the members and staff as CFH moves beyond being a wellness center and becomes a Wellness Community! On Saturday August 27, the CFH staff gathered at the local Youghiogheny River Trail to host a 5K walk/run along the river's edge. All 35 participants were members of CFH. There were multiple first time racers that participated in this event. Prizes were handed out to the overall male and female winners, as well as male and female age group winners. It started off as a crisp August morning, and it ended with laughs and high fives between staff and participants!



Sunday August 28, brought CFH a new annual event the Center for Fitness and Health hosted their 1st Annual Powerlifting Competition. Overall, 22 participants competed in the squat, deadlift, and bench press competition. Each event was live streamed on CFH's Facebook account, and multiple members showed up on location to support participants. CFH's Lead Fitness Professional, Tim Livingstone, was one of the many competitors that tested their strength that day. Livingstone was one of 8 participants to deadlift 500+ pounds. Engraved replica Rudis Gladiator swords were given to the overall champion, pound for pound champion, and female champion. John Jackson, the overall winner, finished the day with a 605 lbs. squat, 525 lbs. bench press, and a 650 lbs. deadlift for a 1,780 lbs. total.

Ultimately, the Center for Fitness and Health is continuing to be a leader in the fitness and wellness field. Members and staff continue to move beyond being just a wellness center. They are promoting a feeling of community and passion to every person who comes in the door.

Putting **your health first.**

Center for Fitness and Health



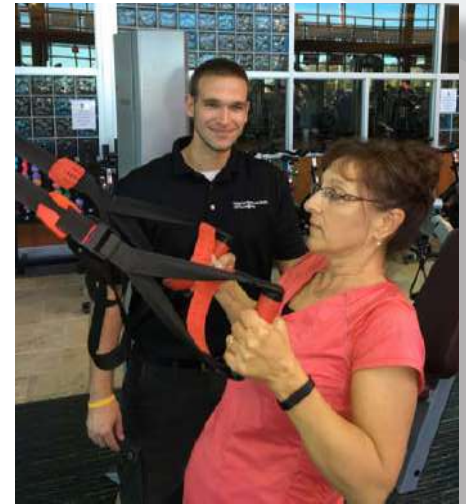
(More on Mon Valley see page 3)

MON VALLEY HOSPITAL "LIFE AFTER CANCER" PROGRAM

Don Doyle, General Manager at The Center for Fitness and Health, recently presented at Mon Valley Hospital's three-part series "Life after Cancer" program. The program was intended for cancer survivors and their families to learn the importance of health in their recovery. Don Doyle presented The Center for Fitness and Health's Exercise Therapy for Cancer Wellness program. The Cancer Wellness program is part of the Center's clinical referral program for therapeutic patients. The program features exercise and lifestyle modification geared towards:

- Reducing fatigue
- Restoring range of motion
- Enhancing physical performance
- Improving quality of life

A former participant in the Cancer Wellness program, who has transitioned into an active member, also spoke at the event. Karen Helsfer shared her story of what the program meant to her: "The biggest benefit I received from the program was the confidence to be in a gym setting and feel comfortable. To do something positive for myself and feel like this was a chance to combat the effects of cancer and made me feel great. I have been a great supporter of the Cancer Wellness program, and referred many patients. Don Doyle and his team took great care of me. I even took a Hip Hop aerobics class recently."



MERIDIAN...

ANDERSON LAUNCHES DIABETES PREVENTION PROGRAM

Anderson Health & Fitness has launched its inaugural Diabetes Prevention Program. The program is recognized and approved by the Centers for Disease Control (CDC) and helps reverse pre-diabetes through proper diet, exercise and education. General Manager Adam Hodges comments "I believe this will be a big step toward a healthier Meridian!". John Anderson, President and CEO of Anderson Regional Health System noted, "We opened our Diabetes Center 25 years ago, and we have continued to serve as a resource in a region where diabetes is so prevalent. Introducing a diabetes prevention program in our medically based health and fitness Center is an additional effort to address this great need in our community."



Diabetes Prevention Open House (left to right Adam Hodges, Laura Hodges and Brooke Dew)

Two groups of 12 participants have signed up for the one year program, which includes full access to the fitness center, weekly classroom meetings, group

workouts and ongoing access to our on-staff Registered Dietitian, Laura Hodges. Laura notes, "after only 4 weeks of the program, we are already seeing people losing weight and making healthy lifestyle changes".

Participants are asked to strive for 2 main goals with this program: 1) lose 5 to 7% of body weight during the first 6 months and keep it off for the year long duration of the program and 2) workout at least 150

minutes per week. Food journals and fitness logs are kept and turned in each week to assist in these goals.

(More on Anderson see page 4)



CrossFit Torment athlete Thomas Stephenson (on right) stands on the podium at the South Central Summer Games



Adam and Laura Hodges at Meridian Rotary Club

ANDERSON TALKS NUTRITION AT LOCAL ROTARY CLUB MEETING

General Manager Adam Hodges and Registered Dietitian Laura Hodges recently addressed members of the local Rotary Club. According to organizer Meagan Linton in a recent Facebook post, "We were so happy to have Laura and Adam Hodges at Rotary today. Laura, a registered dietitian, spoke to the Club about healthy eating habits. Adam, the General Manager of Anderson Health & Fitness Center, spoke about the recent renovations and offerings at the fitness center".



CrossFit Torment Certified Coaching Staff

Left to right: Ben Lockhart, Casey Mancini, Adam Hodges, Joseph Bruce, Rob Walsh, Davin Mancini, Sonji Rose, Clay Rose



ANDERSON ACTIVELY INVOLVED IN LOCAL HEALTH FAIR

The staff at Anderson Health & Fitness Center turned out in great numbers to support a recent health fair put on by the Greater Meridian Health Clinic. Activities included a 5k Run/Walk, dodgeball, spin, and Zumba.

A main focus of the event was to promote the 65x65 Obesity Challenge to reduce obesity in Mississippi.

Fitness Director Kristen Tibbetts comments, "The Anderson team was happy to support this challenge by bringing Spin, and Zumba to the event and by helping organize and manage the race route. This was great team building and a good way for others to get to know the Anderson squad".



Anderson Health & Fitness Center staff at Greater Meridian Health Clinic Health Fair



Adam Hodges at Beach Brawl

ANDERSON'S CROSSFIT ATHLETES EAGER TO COMPETE

Many of Anderson's "CrossFit Torment" athletes were eager to compete in recent CrossFit competitions, including the South Central Summer Games in Richland, Mississippi and the Pensacola Beach Brawl in Pensacola, Florida.



Clay Rose at Beach Brawl

WELCOME TO NEW MEMBERSHIP SERVICES DIRECTOR JHAKIA MCDONALD



Jhakia came to Mississippi by way of the West Coast, where she was a college basketball standout at the University of Arizona before injuring her ankle. Jhakia then transferred to California State University, Long Beach, where she earned her BA in Business, with a minor in African American studies and American History. Initially hired as a Fitness Attendant, Jhakia has been on the staff at Singing River Healthplex since April of 2014, and has worked hard from day one. After earning her certification from the American College of Sports Medicine in Personal Training, her passion, personality, and performance helped her quickly climb the ladder to full-time trainer status, while specializing in corporate-member group training and retention. We are very excited for Jhakia to bring her motivation to the MSD position; she enjoys introducing new members to a healthy lifestyle, and will be a strong addition to our administrative and membership team!

SUPER SATURDAY SAMPLER

The Singing River Healthplex held our "Super Saturday Sampler" in September! This action-packed event is a great motivator for all members! It can challenge long-time members as well as educate new members all at the same time. The event featured BodyPump as the strength class, BodyStep as the high-level cardio challenge, and BodyFlow as the mind body option. Members were encouraged to bring a friend to join the fun!



Healthplex

 SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center

DIABETES PREVENTION PROGRAM

Singing River Healthplex is proud to announce we have been selected to provide the CDC-led National Diabetes Prevention Program for one of the largest employers in the state of Mississippi, Ingalls Ship Building in Pascagoula. This evidence-based program helps participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving problem-solving and coping skills, while correlating to an ROI for payer for risk reduction.





MONTAGE
Wellness Center

MONTEREY...

PARTY IN THE PARKING LOT

Over 250 members, hospital employees, and guests partied in the parking lot of the Montage Wellness Center for an end-of-summer bash. A live DJ set the tone for fun fitness events, group classes, vendors, prizes, food, chair massages, and a food truck surprise.

The day kicked off with a 1 mile or 5k walk/run. As each participant crossed the finish line, they were enthusiastically announced over the loud speaker and awarded bright sunglasses, water bottles, and fun bandanas for their efforts. Three back-to-back heart-pumping Cardio Dance and ZUMBA classes followed.

When guests weren't dancing, they were invited to munch on healthy snacks, dress up in colorful accessories, and shop local vendor tables from Fleet Feet, Lucy, Vitamin Shoppe, Aspire Health Plan, and Gold Star Auto Motors. The day came to a close with a surprise visit from the Kona Ice Truck where everyone got a free snow cone courtesy of the Montage Wellness Center!

The centers also offered a one-day only Flash Sale during the party where new members could sign up for only \$30. Forty-five memberships were sold between both Marina and Salinas facilities.



ZUMBA Instructor, Wendy DiGiacomo, and MWC members dancing to the beat of DJ Is-Real.



Fitness Director, Jason Maturino, and Group Exercise Instructor, Thiem Do, dancing Salsa to kick off the morning's events.



General Manager, Chris Range, ZUMBA Instructor, Aileen Santos, and Fitness Director, Jason Maturino, strike a pose after announcing the day's activities.



The awesome ZUMBA crew!



Personal Trainers, Dave Mueller and Pamela Pelagio, help hand out fun swag for the partiers.

CERTIFIED TRAINER LECTURES AND WORKSHOPS

To educate and engage members, Montage Wellness Centers offer free monthly health and fitness lectures and workshops hosted by certified personal trainers and other credentialed staff.

June kicked off the summer with a "Healthy Weight Lecture and Workshop" which focused on proper exercise and nutrition for losing and maintaining weight.

In July, the centers hosted a series of lectures that focused on strength training. The first July lecture/workshop, "The Basics of Strength Training", educated members on proper exercise programming through 6 training variables - sets, reps, rest, intensity, time, and frequency. After the lecture, members went through an interactive workshop that taught them basic strength training exercises on the Life Fitness strength machines.

The second July lecture/workshop, "Strength Training for Balance", focused on specific exercises to

help improve balance and reduce the chance of falls. The lecture was followed with a workshop in the group exercise studio teaching members the best exercises to strengthen their stabilizing muscles to help improve balance.

The final lecture/workshop of the series, "Strength Training for Weight Loss", introduced members to the best exercise techniques for toning muscles and burning fat. Circuit training, an effective training style for burning fat, was demonstrated and taught in the workshop following the lecture.

September's Lecture/Workshop, "Achieve Your Balance", focused on muscle imbalances. One of the center's licensed massage therapists partnered with a certified personal trainer to teach members stretching, strengthening, massage, and myofascial release techniques to improve imbalances in their muscles.

BAY CITY...



MRMC Wellness & Rehabilitation has continued to grow over the past few months, despite Hurricane Harvey and its impacts in our community. We look forward to recovery and continued growth into the Holiday season.



Health 360 is excited to announce a few new additions to our fitness team. **Victoria Sandelin**, Fitness Attendant has been a huge asset to MRMC Wellness & Rehabilitation. She has been helping with program designs, and working with members on the floor. Victoria is currently finishing her undergraduate degree at Texas A&M and is applying to occupational therapy school. She loves to play with her new puppy and spending time on the lake.

Laura Price, Fitness Attendant has been another vital part of our team. She has such a warm presence it makes everyone who enters MRMC Wellness and Rehabilitation feel welcome. Laura has been helping with member sales and assisting members on the floor. Laura enjoys going tailgating at the Texas A&M football games with her two Aggie children. She also enjoys traveling the world with her husband.



Health 360's second Weight Management Program is about to kick off on October 18th. We look forward to all of the hard work that will be put in this round. We also started a "boot camp" class this month that has gained many new followers each week. The program has been so popular that members are asking for more boot camps during the week and we will be starting another class up soon.

FREE WEEKLY YOGA CLASSES FOR HOSPITAL EMPLOYEES

2017 brought major changes to the Medical Center Health System. One of the biggest was the software used to manage patient accounts was replaced by Cerner with a 'go live' date of April 1st.

Change can be stressful and Kendra Pennington, Mission Fitness yoga instructor responded in a very zen way. She approached the management of Mission Fitness with the idea to take a free weekly yoga class to the hospital employees.

"We have had a great cross section of employees take advantage of the class," said Kendra. I have enjoyed introducing new folks to the benefits of a regular yoga practice."

"I had never tried yoga, but I always wanted to", said Natalie, a MCHS IT Specialist. "It is a great tool to undo the stress of the week."



A Member of Medical Center Health System

MEMBER SPOTLIGHT MEET JACKIE COWAN...

Jackie Cowan has always maintained an active lifestyle.

He began playing Little League Baseball at the young age of 8. Jackie played football, baseball, ran track & field and also wrestled at Northeast High School in Oklahoma City where he was selected as an All State athlete in both baseball and football.



Jackie Cowan and Mission Fitness Clinical Integration Coordinator, Zachary Cavazaos

His athleticism garnered the attention of The University of Oklahoma where he lettered in both sports. He played on both sides of the football for the Sooners as starting running back and safety. He played center field for the Sooners baseball team.

Upon graduation, Jackie became the head baseball coach at Odessa High School and an assistant coach for the Bronchos Football team. He continued coaching for 12 years before moving into the classroom as a full time educator.

Jackie is a long time member of Mission Fitness and a resident of the Parks community for assisted living in Odessa where he helps other residents. He is the volunteer coordinator in charge of planning programs.

In 2017, Jackie faced a new a new challenge when he was diagnosed with Parkinson's Disease. He has been very proactive in fighting the effects of Parkinson's by joining the Mission Fitness Movement is Medicine class. This class is geared towards helping those, like Jackie, who are suffering from Parkinson's Disease and other neuromuscular conditions.

"Since, joining the class I have seen an increase in strength, endurance, balance and most importantly coordination," said Jackie.

With the help of this program Jackie feels that he can continue to live an active lifestyle and help others.

NEW TEACHER BREAKFAST



In August, service lines of Medical Center Health System were invited to provide information to the new hires of the Ector County Independent School District during the New Teacher Breakfast hosted by the Odessa Chamber of Commerce.

Mission Fitness Membership Service Director, Carmen Kenner provided a group exercise schedule and free day pass to over 300 new teachers. "It is a great opportunity to get in front of people who are new to your area and show them the advantages of our full service, medically-integrated fitness facility," said Kenner.

VALENCIA...

HENRY MAYO FITNESS & HEALTH CELEBRATES ITS FIRST YEAR

HPA's newest club in California decided to treat its members to a week of health and fitness related activities. Henry Mayo Fitness & Health (HMF&H) celebrated its One Year Anniversary in the month of September. The festivities were kicked off with Master Trainer, Russell Gage speaking about "Strength Training for Running Performance." A total of five seminars were held for members which encompassed an array of topics covering the benefits of proper strength and nutrition. To give members a better perspective on their own health, HMF&H provided complimentary screenings for the following health related metrics: body composition, bone density, glucose and cholesterol. Once screens were completed, members sat down with the Fitness Director for a one-on-one consultation towards the club's services. The Anniversary Week culminated with over 300 members and non-members participating in a Zumba-thon which raised \$1,800 for those affected by the hurricanes. Henry Mayo Fitness and Health continues to flourish as well as establish itself as the premier location of fitness and wellness in the Santa Clarita Valley.



HENRY MAYO
FITNESS
AND
HEALTH



MEMBER SPOTLIGHT

MEET JAY RUSSELL....

Jay has been a member of The Wellness Center for a little over 3 years now. When asked what his motivation for coming was, he said it was to maintain a level of fitness, as well as to fight getting old. The thing he enjoys most about coming is "the people, as well as the staff, are wonderful", and The Wellness Center he says, "is a state-of-the-art facility". Not only does he enjoy the fact that he has met many new people, but he is able to relieve stress on a daily basis, which helps him to maintain a level of fitness that he strives for. Jay's dad was Defensive Coordinator and creator of the "junkyrd dawgs" at the University of Georgia and Head Coach of Georgia Southern University.



EMPLOYEE SPOTLIGHT

MEET KRISTINA PERRY....



Kristina started working at The Wellness Center as a massage therapist approximately 5 years ago, left, and came back to work as our morning opener (getting in at 4:30 a.m.!!). She changes roles at noon when she puts on her massage therapist hat until 5:00 p.m. or later. She is a very hard worker! The Wellness Center

recently teamed up with Weight Watchers to have weekly meetings at the center and Kristina went all in, losing a total of 50 lbs.! She loves to do anything family related and has 3 boys, ages 10, 12, and 21. Her favorite quote is, "Do unto others as you would have them do unto you."

GROUP EXERCISE RENEWS AT ATLANTA MANIA



The URM Wellness Center group exercise instructors and trainers enjoyed a fun weekend this summer at Atlanta Mania.

The three day convention gave everyone a chance to renew and reenergize! The instructors were able to take advantage of the classes and certifications offered, bringing back fun new workouts for our members.





healthplex associates, inc.

HR CORNER

Congratulations



Casey and Shannon Doyle married September 30th. In the picture with Casey and Shannon are: **Don Doyle** (HPA VP), wife Josie, sons Nolan and Troy and daughter Norah



Karyn Perez

Mission Fitness Front Desk Lead/Sales Assistant

Karyn was recently promoted to Front Desk Lead/Sales Assistant. Karyn is one of our "charter employees" as she joined the Mission Fitness team just prior to the opening of the facility in October of 2010. Karyn's primary role has been as a Group Exercise Instructor teaching Zumba, Aqua Zumba and Aqua Aerobics where she created a dedicated group of members. Karyn has been a

fantastic team player always participating in special events and representing Mission Fitness at local runs and walks providing the warm up session for those participating.

Karyn is married to Carlos and they have two wonderful daughters Kadence, 13 years old, and Soleil, 10 years old.



Lynn Robbins & Steve Robbins, HPA Corporate, rode in the bike MS Century Ride. The route took them down the beautiful A1A Coastal Highway from Ponte Vedra Beach to Daytona, FL. Lynn rode 106.3 miles and Steve completed 60 miles.

Congratulations on this HUGE accomplishment!



Abbye Reynolds (not pictured)

Mission Fitness Exercise Specialist/Group Ex. Instructor

Senior at UTPB majoring in Kinesiology with a minor in Psychology graduating in the spring of 2018. From the small town of Grand Falls, TX where she played volleyball, basketball, tennis, cross country and track. Abbye is married to Skyler and have a 3 month old named daughter, Emmrye, that rolled over on October 22nd for the first time.



Maria Elizabeth Candela and big sister Natalie, newest granddaughter of **Rita Moore**, HPA Corporate

Welcome to Anthony Renee Vargas, and congrats to new mom **Erica Perez** of Montage Wellness Center, Marina.



Travel



Mission Fitness front desk coach, **Corry Squiers** recently completed a ten day road trip that included parks in Utah and Wyoming.



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1. Click into **HR** (top line).
2. You will default to Personal tab.
3. **Demographics:**
 - a. Please **Update Personal phone & Email address** (bottom right hand corner).
 - b. Is your Home address correct?
 - c. **SAVE.** Don't forget to save your changes – bottom left hand corner.
4. **Emergency Contacts:** Please review and update if required.

HUMAN RESOURCES WORD SEARCH

S	X	P	Q	L	V	I	C	J	S	N	G	R	E	T
W	S	L	E	Y	C	X	N	E	S	J	M	Y	M	N
N	F	E	A	S	F	D	C	K	Z	G	Y	Q	P	E
F	O	W	C	T	U	R	Y	M	S	C	R	V	L	M
Q	G	I	D	C	U	M	Y	U	U	N	A	O	O	T
I	E	A	T	O	U	Q	S	S	H	B	L	J	Y	I
B	B	K	S	A	Q	S	T	P	N	E	A	D	E	U
W	M	E	F	J	S	O	J	Q	V	M	S	J	E	R
X	R	Q	N	U	M	N	R	E	G	A	N	A	M	C
U	A	P	G	E	N	T	E	A	M	U	N	Q	I	E
Z	O	B	R	B	F	W	V	P	P	A	K	C	J	R
I	N	T	E	R	V	I	E	W	M	L	V	F	F	S
B	T	F	B	F	C	V	T	U	M	O	F	M	Z	R
E	F	E	F	K	F	D	H	S	H	K	C	X	L	O
E	Z	K	J	V	W	J	B	M	D	C	O	F	I	M

BENEFITS
HUMAN
RESOURCES

COMPENSATION
INTERVIEW
SALARY

CUSTOMER
MANAGER
SUCCESS

EMPLOYEE
RECRUITMENT
TEAM

Happy 7th Year Work Anniversary

Corporate - Kristin Hill Anderson
Meridian - Adam Hodges
Meridian - Martha Broadhead
Meridian - Angela Diveley
Meridian - George Espey
Meridian - Kimberly Robinson
Meridian - Sarai Webb Vanderpoorten
Singing River - Ryan Barr

Happy 6th Year Work Anniversary

Singing River - Shannon Barlow
Corporate - Denise Procaccio

Happy 5th Year Work Anniversary

Meridian - Mallory Hardy
PWM-Montage - Elizabeth Ayala
Meridian - Deborah Powe

Happy 4th Year Work Anniversary

Meridian - Cynita McClelland
Corporate - Erica Atz-Tabor
Mission Fitness - Abby Magness

Happy 3rd Year Work Anniversary

URMC - Kristina Perry
Meridian - Payton Ingram
Mission Fitness - Corry Squiers

Happy 2nd Year Work Anniversary

PWM-Montage - Leigha Campos
Meridian - Carrie Turbyfill
Meridian - Freddie Kirk
Meridian - Melliza Hannington
Mission Fitness - Julie Albright
Mission Fitness - LaDarius Slider
Singing River - Ericka Nicholson
Singing River - Dody Harris
Mission Fitness - Heather Carrigan

Happy 1 Year Work Anniversary

Singing River - Micah Torjusen
URMC - Crystal Merritt
Meridian - Keri Dew
URMC - Thomas Glisson
PWM-Montage - Roselyn Leek
URMC - Jessica Smith
Meridian - Lillian Elmore
Henry Mayo - Deborah Chediak
URMC - Jennifer Campbell
Henry Mayo - Susan Enriquez
Henry Mayo - Catherine Vedder
Henry Mayo - Windy Solorio
Henry Mayo - Ricardo Gonzalez
PWM-Montage - Steven Villaneda
Henry Mayo - Ericka Watson
Henry Mayo - Laure Sears
Henry Mayo - Janessa Gillies
Henry Mayo - Tina Satterfield
Henry Mayo - Lynette Willis
Henry Mayo - Joelle Davis
Matagorda - Devin Mongrain
Henry Mayo - David Burgett
Meridian - Sarah Dudley
Henry Mayo - Robert Padilla
PWM-Montage - Joanne Rosenberger
Mission Fitness - Kendra Pennington

3rd Quarter Work Anniversaries

HealthPlex Associates proudly salutes
these employees' dedication to their
clients & facilities.



healthplex associates, inc.

