



Chapter 10: Helping Each Other Stay Healthy

As the end of January nears, and as we continue our efforts to keep New Year's resolutions alive, I would like to remind you about an opportunity that is part of our health and wellness initiative. District employees are eligible to receive special gym membership rates. For more information about this opportunity, please click [here](#).

Being a service-oriented community also involves doing what we can to support the health and welfare of others. Donating blood, particularly following a natural disaster or emergency, is one of the greatest ways to assist a neighbor in need.

The District is joining the County of Los Angeles to support an emergency "standby" blood donation initiative, USBloodDonors.org. Volunteers can pre-register as a standby blood donor so they can be notified on a real-time basis when life-threatening shortages occur in their area, or they can help get the word out in their community via social media.

Click [here](#) to see how you can join this life-saving initiative.

Have a wonderful, restful weekend.

Vivian Ekchian
Interim Superintendent

Enjoying the Employees' Connection?
Click [here](#) to see past chapters.

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