

## Health and Safety Expo at The Alhambra a success

They called it the “First Annual” Health and Safety Expo, and judging by the success of the event held on the campus of The Alhambra last month, one would expect next year to see the new and expanded “Second Annual” event.

The Alhambra office campus, located at 1000 S. Fremont Ave. and home to countless educational, service and commercial organizations, surrounds a pleasant, tree-shaded plaza (they call it an “oval mall”), that is the site of many a coffee and lunch break. It was the perfect site for a collection of 20+ health, wellness and safety organizations to share their life-saving, life-enhancing brochures and oral messages for a long, healthy, happy life.

The Alhambra’s senior development manager, Victoria Deise Wilson (doubling in brass as the current president of the Alhambra Chamber of Commerce), stated that “bringing

together the best of our community’s health and safety experts to provide information and resources which are available locally” builds upon The Alhambra’s other community offerings.

The Alhambra is quickly becoming a real “community within a community,” establishing a full range of the necessities of living – their campus home for business and educational institutions, their housing project that is adding 351 condominiums and town homes on the northeast corner of the property, the LA Fitness Center on the northwest corner of the property, the Shops at the Alhambra, across the street, next door to the new Kohl’s Department Store and their range of community services, now including the “Music on the Green” summer concert series and the Health and Safety Expo.

Many attendees to the Health and Safety Expo signed up for the 6th

Annual 2008 Relay for Life of Alhambra, sponsored by the American Cancer Society; for the Alhambra Fire Department’s volunteer CERT (Community Emergency Response Training) program, through which community members are trained to assist in the event of a major disaster; and lined up for a body mass screening at the LA Fitness, as well as flu shots at the Maxim Health Systems booth and cholesterol screening at the USC Keck School of Medicine booth.

As a matter of fact, one could describe the entire experience of attending The Alhambra’s “First Annual” Health and Safety Expo, as covering the health basics inside and out – inside (through proper physical alignment to be achieved by Dr. Alana Szany’s chiropractic services) and out (by placing yourself in the hands of Wang Plastic Surgery).

And more!