

# Health and Fitness

## ■ Hyperion Treatment Plant hosts first health and fitness expo.

Story by Arlene Herrero, Club Counselor  
Photos by Michelle Moreno, Club Events Guru

**PUBLIC WORKS DEPT.** — Hyperion Treatment Plant hosted a health and fitness expo Sept. 21.

The event was also a fundraiser for additional equipment and maintenance of the fitness facility, which opened five months ago.

Approximately 18 vendors participated and about 180 employees attended. Sherry Goggin, Fitness America National Champion, was a celebrity guest.

Lunch of fruits, salad, Hawaiian roll, grilled skinless chicken and grilled vegetables was enjoyed by all.

The Health and Fitness Expo Committee consisted of: Sescellie Berry, Vickie Hill, Robert Martinez, Jesse Montemayer, Mei Ong, Mihran Sarkissian and Sharmilla Dasgupta (alternate).

The committee thanks Nick Terrell (resident chef) and crew; Gabriel Viado, photographer; and Mike Elder and the setup crew. The Club thanks Mihran Sarkissian, Sanitation Wastewater Manager III; Mei Ong; and Jesse Montemayer for their assistance.



From left: Ernest Cheatham, Custodian, Club Member; and Murriel Goosby, Custodian, Club Member.



At the Department of Aging booth, from left: Glenda Montel, MA; Victor Pina, Information Assistant Specialist, Club Member; and Erin Westphal, Information Assistance Coordinator.



Celebrity Guest Sherry Goggin, Fitness America National Champion, provided words of encouragement to everyone who stopped by her booth. They also walked away with her autographed photo.



Back, from left: Robert Martinez and Vicki Hill. Front: Mihran Sarkissian, Sanitation Wastewater Manager III, Club Member; Mei Ong; Sherry Goggin, Fitness America National Champion; and Jesse Montemayer.



From left: Alfredo Reyes, WWTM, 5 years, Club Member; and Scott Hilton, Mechanical Helper, 6 months.



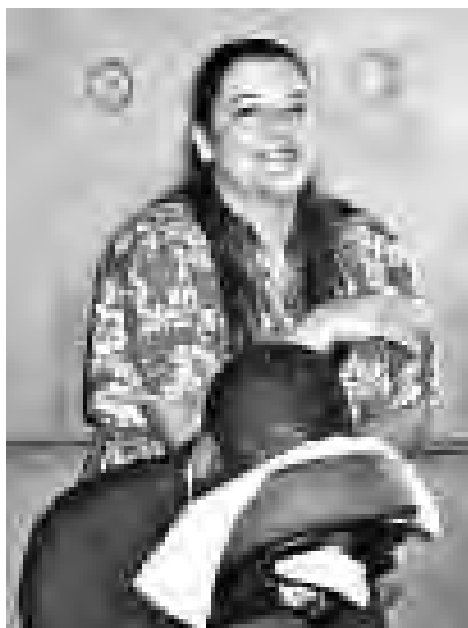
Cleopra Dyas, Receptionist, Club Member, smiles for the camera while having her blood pressure checked.



Anthony Brown, Plant Equipment Trainee, gets his body fat checked.



Mihran Sarkissian, Sanitation Wastewater Manager III, Club Member, welcomes employees and thanks vendors for participating in Hyperion's first-ever Health and Fitness Expo.



Too relaxed to look up while getting his massage is J.D. Smith, Waste Water Treatment Operator.



Waste Water Treatment Mechanic John Baldwin enjoys his free massage, compliments of the Doorstep Day Spa.



Carlos Arroyo, Custodian, Club Member, beams with joy as he holds his free gift for signing up for the Club.



Jesse Montemayer, WWT Mechanic, 14 years, Club Member, urges everyone to get their raffle tickets. Jesse was instrumental in securing the celebrity guest.



Lori Ware, Laboratory Tech, Club Member, proudly holds her free gift for joining the Club.



DeWayne Rockett, Custodian, Club Member, stopped by the Club's booth to sign up.

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