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LIEUTENANT GOVERNOR

State of Louisiana  
OFFICE OF THE LIEUTENANT GOVERNOR  
DEPARTMENT OF CULTURE, RECREATION & TOURISM  
MANAGEMENT AND FINANCE

PHILLIP J. JONES  
SECRETARY

MATTHEW A. JONES  
UNDERSECRETARY

## HUMAN RESOURCES MEMORANDUM NO. 02-041

May 20, 2002

**TO:** Lt. Governor, Secretary, Undersecretary, Assistant Secretaries, Deputy Assistant Secretaries, Program Managers

**FROM:** Mary F. Ginn  
Human Resources Director

**SUBJECT:** **A Lunch & Learn Workshop - The Components of Healthy Living**  
*(Another in our series of informational meetings on health and safety)*

### The Components of Healthy Living

Carey Long, Complete Fitness, Inc.

Wednesday, June 5, 2002

11:30 a.m. - 1:00 p.m.

Seminar Center, State Library

You are invited to attend a Lunch & Learn Workshop presented by Carey Long of Complete Fitness, Inc. We will plan to eat lunch at 11:30 and the presentation will begin at 12 noon. Employees can order lunch from AJason's Deli or bring their own lunch. Those who wish to attend the presentation only should still register and arrive no later than 12 noon.

Mr. Long, a personal trainer, will be joining us for a discussion on the health, fitness, and nutrition requirements for healthy living and will answer related questions as time permits.

**This workshop will also serve as a safety meeting.** Please complete the attached registration form and submit it to the Human Resources Office no later than 4:30 p.m., Monday, June 3, 2002. Those interested can also register on-line on AChannel Z.

**Note:** You must provide your own soft drink.  
Attachment

Please Post and Circulate

**A ALUNCH AND LEARN® WORKSHOP**  
**The Components of Healthy Living**  
Carey Long, Complete Fitness, Inc.  
Wednesday, June 5, 2002  
11:30 a.m. to 1:00 p.m.  
Seminar Center, State Library

**REGISTRATION FORM**

**Please Print**

**Name** \_\_\_\_\_

**Department** \_\_\_\_\_ **Phone #** \_\_\_\_\_

\_\_\_\_\_ **Include me in the Box Lunch**

\*\*\* **NOTE:** If you are unable to attend after making a reservation and fail to notify us, please understand that we must consider this registration a guarantee for your payment.

**Lunch Choice:**

\_\_\_\_\_ **Chef Salad** with imported ham, white meat turkey, Swiss cheese, cheddar cheese, tomatoes and egg slices on a bed of lettuce. **\$6.49 (includes tax)**

\_\_\_\_\_ **Turkey Wrap Box** with fat free white turkey, homemade guacamole, diced tomatoes and sprouts. Rolled up in a veggie wrap. **\$6.53 (includes tax)**

\_\_\_\_\_ **Poboy Box** with imported ham, hard salami, provolone cheese and lettuce on New Orleans French bread, potato chips, pickle spear and brownie. **\$5.72 (includes tax)**

\_\_\_\_\_ **The Club Box** with imported ham and white turkey layered between 3 slices of wheat bread, bacon, cheddar and Swiss cheese, lettuce, tomato and salad dressing on the side. Potato chips, pickle spear and a brownie. **\$6.53 (includes tax)**

**Payment Choice:**

\_\_\_\_\_ Check for the lunch amount payable to Jason's Deli is attached.

\_\_\_\_\_ I will pay at the meeting.

**OR**

\_\_\_\_\_ I will attend the presentation but will not participate in the lunch.

**Signatures:**

**EMPLOYEE** \_\_\_\_\_

**Date** \_\_\_\_\_

**SUPERVISOR** \_\_\_\_\_

**Date** \_\_\_\_\_