



LA MESA-SPRING VALLEY SCHOOLS

News Release

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La Mesa-Spring Valley Schools Hosts Health and Wellness Fair for Employees

La Mesa-Spring Valley Schools' Human Resource team hosted the annual Health and Wellness Fair for all employees in LMSV. Enjoy this video about the [Health Fair by clicking here.](#)

LMSV employs approximately 1,500 people in teaching and other non-teaching roles. Dedicated employees working in grounds and maintenance, business services, child nutrition services, and other departments support our students and families every day. This year, the Health Fair was spearheaded by a dedicated paraeducator who works at Rancho Elementary School, Sharon Eldridge. Ms. Eldridge did a wonderful job organizing over 63 gifts that were donated by local businesses/vendors, including 24 Hour Fitness, local dentists, chiropractors, massage therapists, and a variety of other small business owners. A few of those who were on hand promoting health and wellness were Fred's Urban Farm, a local business in Spring Valley that grows healthy microgreens; and Farm Fresh to You, a local company delivering fresh produce to homes. There was even line dancing for employees to get up and get moving! To promote the event, Marla Locklar, Executive Assistant, and LMSV Health and Wellness Committee ambassador, and Loma Elementary Principal, Beth Rackliffe, created YouTube "commercials" to promote the event, with accompanying fliers and emails to all staff.



In addition to the variety of vendors from small businesses, Human Resource staff from LMSV were on hand to help employees navigate insurance plans and coverage for themselves and their family members. Employees were also able to receive flu shots and engage in biometric screening with medical professionals from Sharp.

The event couldn't have happened without Ms. Eldridge's leadership, the hard work of the Human Resource team, and the dedicated efforts of the Health and Wellness Committee.

To learn more about schools, programs, and people in La Mesa-Spring Valley Schools, visit our website at www.lmsvschools.org or visit us online on [Twitter](#), [Facebook](#), [Instagram](#), and YouTube.