

LifeStyles INFOCUS®:
Your Health & Wellness Advocate



May 8, 2015

Chuck Matthews
Deputy Director, HHSA
County of San Diego
1701 Mission Avenue,
Oceanside, CA 92058

Dear Mr. Matthews:

It is with honor that we endorse and fully support the County of San Diego's *Live Well San Diego* initiative.

We at LifeStyles INFOCUS® believe that it's time to break the unhealthy habits of corporate America and INSPIRE a healthy trend nationwide! We strive to educate and empower professionals into making wiser and healthier lifestyle choices in order for healthy employees to enhance their lives outside the workplace. Employees spend more waking hours in their business setting than they do any other place; therefore we believe that the start to living a healthier life begins within the workplace and in our community.

LifeStyles INFOCUS® is an all-inclusive Wellness Solution for companies, organizations, and communities both locally and nationwide. We are a woman owned, family business who has worked with over 200+ companies and 500+ wellness providers with three initiatives in mind: EDUCATE, EMPOWER, and ENHANCE.

EDUCATE: We are eager to offer health and wellness resources to corporations and the community in order to educate individuals about living a healthier lifestyle.

EMPOWER: The wellness education we provide empowers individuals to take charge of their health, both physically and mentally, and thus directly impacting the bottom line.

ENHANCE: Our overall initiative is to positively enhance the lives of our clients, vendors, and the community by taking control over our personal wellbeing.

This being said, we are genuinely excited to align our wellness programs and events with *Live Well San Diego* initiatives to achieve our common goal of creating a healthy, safe, and thriving community. There are several ways we contribute to the vision of *Live Well San Diego*:

LifeStyles INFOCUS® promotes Health & Wellness in the workplace;

- Lunch & Learn Seminars focus on Healthy Eating, Stress Management, Healthy Heart, Smoking Cessation, Cancer Prevention & Care, Diabetes, Lowering Blood Pressure & Management etc.
- On-Site Fitness & Exercise Demonstrations
- Setting-Up Boot Camps, Walking Club, Running Club etc.
- Relaxation and Stress Relieving Therapy
- On-Site Biometric Screenings and Follow Up

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www.lifestylesinfocus.com
858.668.CARE (2273)

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LifeStyles INFOCUS® supports local organizations;

- We partner and provide opportunities to local non-profit organizations such as American Cancer Society, American Diabetes Association, American Heart Association, American Lung Association to exhibit at our corporate and community events.
- We partner with local medical institutions such as Palomar Pomerado Health, Rady Children's Hospital, Sharp Health for wellness and care resources.
- We support the CHEAR (Center for Healthy Eating and Research) program lead by UCSD. It aims to educate the attendees on making healthy food choices for the family especially for the kids.
- We organize and support wellness events for the school districts such as the Escondido Union School District and Poway Unified School District Foundation etc.
- We support local businesses and medical professionals by giving them the opportunity to promote and educate our Wellness Events participants about their services and wellness products.

LifeStyles INFOCUS® & County of San Diego Employee Benefits Department partnership:

- We serve 16,000 employees of the County of San Diego by delivering quality wellness events.
- At these events, we work closely with the benefit providers and qualified wellness professionals in educating employees on living a healthier lifestyle.

LifeStyles INFOCUS is fully committed to being an extended arm in promoting *Live Well San Diego's* programs and projects at every opportunity such as at our Corporate Clients Wellness Events (65+ events yearly), Community Events and HR Conferences. We look forward to continuing find opportunities to educate and enhance the lives we touch by creating and promoting various wellness activities beneficial to all ages (from infancy to geriatrics) such as, Love Your Heart, Know Your Numbers, Check Your Mood, Exercise At Your Desk, etc.

We look forward to a continued partnership with the County of San Diego in educating its people in living and thriving for a healthier lifestyle.

Respectfully yours,

Antoinette Kraft
President & CEO

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