

Quarterly Wellness Success Story



Our newest Team Believe Achieve athlete, Sharon Sherbourne...has a great story.

- 3 years ago started a wellness program at the company she is VP of Human Resources.
- She decided to change her life with the programs so she could show positive results to other employees "practice what she preached..."
- Sharon started running against the advise of her orthopedic doctor, she felt it would help her overall health.
- Sharon has lost 68 pounds and dropped her body fat percentage down by 21%.
- On June 1, 2008, Sharon completed her first marathon....picture enclosed!
- GO SHARON, we are very proud of you!

GOAL #2 - Improve the quality of life.

And we BELIEVE you can ACHIEVE success with Wellness too...