

OFFICE OF THE GOVERNOR



STATE CAPITOL
MONTGOMERY, ALABAMA 36130

(334) 242-7100
FAX: (334) 242-0937

BOB RILEY
GOVERNOR

STATE OF ALABAMA

April 13, 2007

TO: Agency Director

FROM: Governor Bob Riley 

SUBJECT: National Employee Health & Fitness Day
May 18, 2007
State Capitol Complex

I take this opportunity to invite you and all employees from your department to take part in the 19th Annual National Employee Health & Fitness Day. This event, as in the years past, will take place on the Capitol grounds from 12-1 p.m. Friday, May 18, 2007.

Regular exercise and proper nutrition are necessary for good health. National Employee Health & Fitness Day is designed to be fun, while emphasizing the importance of physical fitness. When Alabama's employees have healthy bodies and minds, they in turn have healthier outlooks on life.

I invite you to appoint a representative from your department to attend an organizational meeting Wednesday, April 18, 2007, from 10-11:30 a.m. The organizational meeting will be held in the Department of Finance Purchasing Auditorium, Suite #192 in the RSA Union Building located at 100 North Union Street.

This event is co-sponsored by the Alabama Department of Public Health, Nutrition & Physical Activities Division, Governor's Commission on Physical Fitness and the Alabama Sports Festival. For more information, please contact Laurie Eldridge with the Department of Public Health, Nutrition & Physical Activities Division at 206-5651.