



Town of Framingham, Massachusetts 01702

Fire Department Headquarters

Gary T. Daugherty Sr.
Chief

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Subject: Framingham Fire Department Wellness Program
From: Gary T. Daugherty, Sr. Chief of Department
Joseph A. Fonseca, President Framingham Firefighters Local 1652

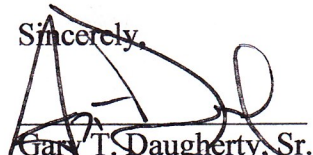
To all Fire Department Employees:

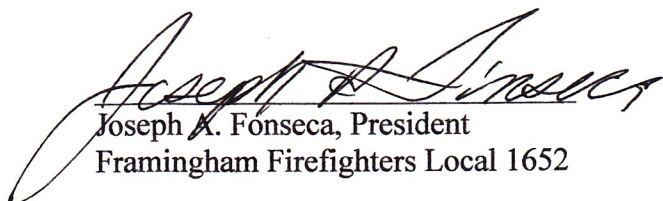
We are pleased to announce a new wellness benefit that will be available to you soon. It's an exciting new health rewards program from Virgin HealthMiles, supported by gift card incentives. The program not only motivates you, but actually rewards you, for getting physically active. Virgin HealthMiles members are getting active, getting rewards, and getting results! They're shedding pounds, lowering their blood pressure, improving their fitness... all with the motivational tools in the HealthMiles program.

We sincerely hope this initiative will change our individual and collective health behaviors by making wellness a priority for all. We hope you will be motivated to earn the incentives and get up and start moving around. We hope to see friendly competitions between stations, more walking, more jogging, more moving, and ultimately more quality living; more of everything except the sedentary lifestyle of yesteryear.

Enrollment opens on March 5th. Please keep an eye out for information from Virgin HealthMiles with more details and instructions on how to join. Soon after, we'll run our very first department-wide step challenge, so don't miss out! We are confident that Virgin HealthMiles will empower you to take charge of your health by becoming more active. This is an investment in all our futures and we hope you will participate.

Sincerely,


Gary T. Daugherty, Sr.
Chief of Department


Joseph A. Fonseca, President
Framingham Firefighters Local 1652

~Dedicated to excellence in customer service~