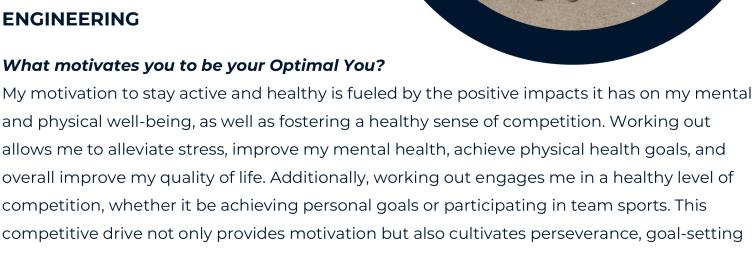


JULY MEMBER OF THE MONTH

ERIKA GABRIEL

skills, and a sense of achievement.





Why is coming to the Better, Healthier You Fitness Facility important to you?

BHYFF is important to me because it gives me the opportunity to stay active right at work. Being able to breakup my workday with a workout helps to keep me motivated and energized. It has also allowed me to connect with new people and form friendships that extend beyond work.

FAVORITES:

Food: Pesto Pasta

OYFF Activity/Program/Service (past or present): Pickup Volleyball

Quote: "Do not take life too seriously. You will never get out of it alive." — Elbert Hubbard





DID IT