PENSION*Notes*

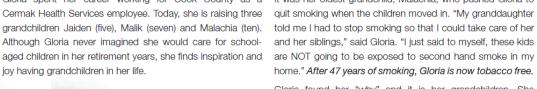


MEMBER SPOTLIGHT

Can changes in healthy behavior make a difference? Read about Gloria's "Why" for a healthy change

Gloria spent her career working for Cook County as a It was her oldest grandchild, Malachia, who pushed Gloria to

joy having grandchildren in her life.



Gloria found her "why" and it is her grandchildren. She created goals and new healthy habits to live her best life in her retirement years.

In addition to stopping smoking, Gloria added walking for exercise to her routine. She lost 50 pounds so far, and lowered her cholesterol by eliminating red meat from her diet. Gloria's goal is to continue her weight loss by increasing her fitness level through exercise.



We hope you are inspired by her achievements. What is your "Why"?