

# FFF Enterprises to Host Health and Wellness Fair

*With a family of companies dedicated to "Helping Healthcare Care," the nation's largest and most trusted distributor of plasma products, vaccines and critical-care biopharmaceuticals makes health and wellness a priority at its Temecula, Calif., headquarters.*

March 20, 2009



FFF Enterprises, Inc. [[www.fffenterprises.com](http://www.fffenterprises.com)], the nation's largest and most trusted distributor of plasma products, vaccines and critical-care biopharmaceuticals, announced today that it will host a health and wellness fair for employees at its corporate headquarters in Temecula, Calif. The event will be held on Tuesday, March 24th, from 11:30 a.m. to 1:30 p.m.

FFF Enterprises has a long-standing history of promoting wellness in the workplace. From healthy menu ideas posted in the employee kitchen to free, company-sponsored exercise classes, the company's emphasis on health and fitness is evident. FFF even treats its 200-plus employees to an overflowing bowl of fresh fruit each day — oranges, apples, kiwis and bananas are all free for the taking.

"Having a healthy workplace is foundational to our philosophy of Helping Healthcare Care," says Maddy Mestman, vice president, Human Resources, FFF Enterprises. "Sponsoring a Health and Wellness Fair, providing healthy snacks and offering weekly Zumba® fitness classes allow us to educate, motivate and inspire our team members to prioritize health and wellness both at work and at home."

The lunchtime event will offer free chair massages, blood pressure and blood glucose checks, giveaways and consultations with local fitness experts. Participants include Simply Kneaded® Therapeutic Massage Centers, Jamba Juice®, Gold's Gym®, The Vitamin Shoppe, Blue Cross of California, Subway® sandwich shops and Zumba® fitness programs.

"Offering company-sponsored fitness classes onsite makes it convenient for employees to fit working out into their schedules," says Dionne Shigg, marketing supervisor, FFF Enterprises. Shigg doubles as the company's resident Zumba instructor, leading the weekly Latin dance-inspired fitness classes that

leave participants sweating — and eager for more.

The Health and Wellness Fair at FFF Enterprises is just one example of the company's patient and consumer-centered focus on safety and health. "Our company has prospered largely because of the dedication and integrity of our outstanding team members," says Patrick M. Schmidt, chief executive officer, FFF Enterprises. "We've always maintained a 'people first' attitude, and promoting health and wellness throughout the workplace is a big part of our corporate commitment."

## About FFF Enterprises, Inc.

FFF Enterprises, Inc., a privately held corporation, is the largest and most trusted distributor of plasma products, vaccines and other biopharmaceuticals in the U.S. Founded in 1988, FFF is celebrating its 21st year with more than a billion dollars in annual sales and a flawless safety track record. FFF's Guaranteed Channel Integrity™ ensures that products are purchased only from the manufacturer and shipped only to healthcare providers, protecting patients and manufacturers from counterfeit risks and pricing irregularities inherent in secondary and gray market channels. FFF's proprietary technologies, Verified Electronic Pedigree™ and Lot-Track™, provide verification of this secure channel. FFF's MyFluVaccine ([www.MyFluVaccine.com](http://www.MyFluVaccine.com)) has revolutionized the flu marketplace, offering a dedicated flu vaccine supply, delivered to customers on the date of their choosing, and offering certainty in a volatile market segment. FFF's ability to move rapidly in a dynamically changing marketplace allows the creation of new opportunities for customers through innovative vehicles for distribution.

