

Announcing the Winner Of The INSPIRE AWARD



Joseph Vazquez

Joseph works in the Operating Room at Ontario Saint Alphonse Medical Center

The Inspire Award recognizes individuals who have gone above and beyond, inspiring wellness in everyday life.

Joseph answered the following questions about his Wellness Journey:

What improvements have you made? *As for improvements I've made I try to look at the bigger picture, try not to let anyone bring me down. I try and have a positive attitude no matter the situation.*

Why did you decide to change your life? *I decided to change my life because life is short and I don't want my health to be the reason of my shortcomings.*

What have you learned about yourself since starting your journey? *I have learned that I am young and there are a lot of people out there that need my help whether it be landscaping or personal training or just daily tasks here at work. Like I said, life's short and it could always be worse.*

What advice would you give your past self? *What I would tell my younger self is don't be afraid take chances ask questions push yourself harder, hard work does pay off it takes a while but eventually it all falls together.*

What or who has been an inspiration for you? *Inspiration for me has been my kids and my wife. I do everything for them. I want my family to be well taken care of if anything should happen.*

What advice would you give to someone starting out? *My advice for someone starting out would be it's hard but don't give up it's never too late.*

Congratulations, Joseph! Your hard work has not only helped you, but inspired those around you.



Saint Alphonse

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