



Wellness Spotlight

2021



B&F Wellness Committee FY21 Goals

- Continue current efforts and find new ways to amplify wellness resources
 - Increase participation and management encouragement of Virgin Pulse Health App and Your Plan for Health resources
- Focus on mental health as a key theme this year in order to provide B&F staff coping skills and resources for stress and anxiety
- Coordinate B&F-specific virtual Wellness events to increase B&F-wide participation
 - For example, B&F-specific Health Athlete, virtual Heart Walk, online gardening session and more

B&F Health Athlete Testimonials

“ The Health Athlete Program has given me a “push” to not just “get started” but to focus on self-improvements for better physical and emotional health. I have felt this program to be easy to jump into and non-invasive. I would recommend it for anyone interested in making some self-improvements along with gaining new ideas during this isolated period. – Lori Frye, Assistant Director, University Bursar

“I have always wanted to incorporate more self-care into my life, but I was unsure where to start. The Health Athlete Program allowed me to take the time to figure out what I needed to do on a daily basis to feel physically and mentally healthy. I was able to plan realistic goals and to develop a daily routine that includes self-care. I am happy to report that it has been almost a year since I have participated in the program and I still prioritize self-care on a daily basis due to the practical tips I learned.” – Stacey Houser, Senior Associate Director, Risk Management & Insurance

"I absolutely recommend that every person look within themselves and ask whether they are being their best self, right now! If you are, congratulations! If not, I ask that you immediately speak to your supervisor about enrolling in the program. It's a life changer!"
– Doug Huffner, Chief Risk Officer





Business and Finance Wellness Committee Members

- Karina Brown, B&F Admin
- Jennifer Arend, Internal Audit
- Von Cason, B&F Admin
- Gosia Cymbal, Stores and Receiving
- Kelly Des Roches, B&F Admin
- Terri Jenkins, Payroll
- Susan Funk, Stores and Receiving
- Madison Hilston, CEO
- Mindy Swanner, Financial Training
- Stacey Houser, Risk
- Shelly Nutter, Financial Services
- Scott Millard, HR Service Center
- Katy Seay, Controller
- Erica Thompson, Bursar
- Shikera Kennedy, Stores and Receiving
- Jan E Giangardella, Procurement Shared Service Center
- Renee Schlade, Investments
- Megan Witt, Bursar
- Gloria Wood, Operations Admin
- Julia Beckner, Corporate Engagement Office
- Faye Wintering, Internal Audit

Inaugural Weekly Wellness Walk – Office of the Controller

