

# Get to Know Your Wellness Captain

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### *Wellbeing Interest*

Well-being to me is the experience of feeling good and taking care of yourself. Every aspect of your life has an influence on your wellbeing. To me, wellness starts with taking care of your mental/emotional health and this will spill into the other areas of your life such as physical health and social well-being.



### *Wellbeing Champion Interest*

I believe my passion for wellness and health in my personal life is also something I can bring into the workplace. I care for the people I work with and hope that I can help better the lives and wellbeing of my colleagues.



### *Fun Fact*

I was a dancer from the age of 3 to 18.