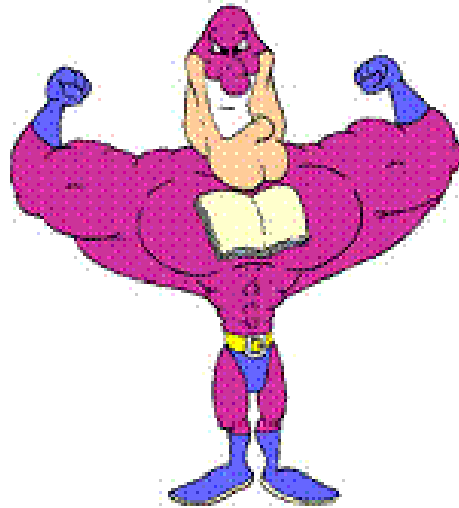


Wellness Hero



Each month, we want to recognize someone who demonstrates a commitment to wellness.

Tell us about a colleague, who has demonstrated a commitment to wellness and making your environment healthier and happier by doing things such as:

- + Keeping your office energized
 - + Performing acts of kindness
 - + Bringing healthy food items to share
 - + Reminding people to take care of themselves (students/staff)
 - + Posting healthy articles
 - + Starting a walking group
 - + Picking up litter
 - + Sharing inspiring quotes
 - + Holding social events
- Etc....

Our Wellness Hero Virtual Hall of Fame....



April 2007

Crystal Kill, Admissions and Records

This year Crystal enthusiastically took the lead as Team Captain for Phoenix College for the American Heart Association Heart Walk. With outstanding support throughout the college, Crystal and her motivated Phoenix College teams met and surpassed the \$6000.00 fundraising goal for the campus. In addition, Crystal devotes her time to the Women's Leadership Group, where she organizes events and looks for opportunities for people to grow in all areas of wellness (Social, Physical, Emotional, Career/ Cultural, Environmental, Intellectual, and Spiritual).



March 2007

Jennifer Nez, Recruitment and Retention

Jennifer has been an avid exerciser and health conscious hero most of her life. She exercises daily and if she isn't riding her bicycle, she's jogging or kickboxing! She's a very positive role model in the Recruitment office. She not only keeps herself in great physical shape and condition but she encourages department participation in worthy causes such as the recent Heart Walk and the campus wellness group walks. In addition, her healthy lifestyle provides her with boundless energy that contributes greatly to keeping the PC spirit strong and alive in our department!



FEBRUARY 2007

Linda Garcia , Director of the Dental Hygiene Program

During Winter Break, Linda began a personal walking regimen at local mountain preserves. She came back from her break energized and enthusiastic about the benefits of walking and is one of the few people who lost weight instead of gaining over the holidays. Excited about her success and joy of walking, Linda organized a noontime walking group in the Dental Department. Many are now following her lead and stay motivated due to regular reminders about walking dates and Linda taking the time to personally stop by offices to be sure that people don't forget.



January 2007

JACK BLACKMAN, Data Processing Lab Technician, Applied Business Department

Jack plays tennis, speaks French fluently, and he is always modeling healthy behavior by eating well and going over to the PC Fitness Center for a workout. Jack motivates others by demonstrating his ongoing commitment to wellness. Jack is a great roll model for living a healthy life style.



December 2006

Nellie Torres, International Student Center Coordinator

Nellie is always encouraging her department to eat healthy and to take care of themselves. She also started a weight loss contest in her office to motivate her co-workers and herself to lose weight and always follows up regarding progress and promotes healthy eating. She is a great role model because she looks great and she takes great care of herself.



November 2006

JESSE MIRELES, Industrial Technology Chairman

Jesse was very instrumental in encouraging fellow employees to “get active” and join this semester’s cycling class. His motivational emails sparked a wellness cord in several of the Phoenix College faculty and staff.

Jesse, thanks for being our hero!



October 2006

Diane Decastro, Applied Business Department

Diane, demonstrates a continued dedication to the health and well-being of others by encouraging both students and faculty in the department (applied business) to participate in healthy activities and explore the various health enhancement offerings at Phoenix College. In addition, Diane is currently involved in many clubs, regularly uses the Fitness Center and attends Weight Watchers.

Congratulations Diane, you are a Wellness Hero!



September 2006

Raymond Lira, Student Advisor, was selected as the "Wellness Hero".

Raymond consistently demonstrates a commitment to wellness by keeping his office energized with his positive attitude and good-natured sense of humor. He is a talented cartoonist and often creates cartoon strips featuring his coworkers and their efforts to serve students and further Phoenix College's mission in providing access to learning.

He often shares healthy snacks including tasty slices of chilled jicama and recently he took it upon himself to encourage everyone to check their blood pressure. His humorous, inspirational and thought provoking comments keep his department sane and on-task during busy and challenging times.



August 2006

Juliane Roybal, Audiovisual Technician, was selected as the “Wellness Hero”.

Julianne demonstrates her ongoing commitment to wellness by encouraging her co-workers to make healthy choices. During the “Spring Fling BINGO Challenge”, Julianne motivated her co-workers to complete their “bingo” cards and join the **PC Wellness** “Walking Group”.

Even though the “Walking Group” has taken a summer break, you can still find Julianne and other members of the media department walking regularly on their own. In addition, Juliane consistently attends cycling classes and works out at the fitness center.



JULY 2006

Donna Cole, Administrative Assistant to the VP of Administrative Services, was selected as the “Wellness Hero”.

Donna has been an inspiration to many people. After making a decision to lead a healthier lifestyle a few years ago, she received her first group fitness certification in 2001 followed by a Pilates certification in 2002, personal trainer in 2004 and most recently a certification in Body Pump.

In addition, Donna is an adjunct faculty member with the Health Enhancement Department and is an inspiration to her students and co-workers by encouraging a healthier lifestyle through diet, exercise and well being. Donna also never hesitates to share her healthy lunches and recipes with her co-workers.



JUNE 2006

Denise McDonald, Coordinator of the Senior Hygiene Class was selected as the “Wellness Hero”. Denise keeps her students focused and fit by leading regular stretching and relaxation exercises at the end of every clinic day.

In addition, she always encourages students to “take time” for themselves and keep their personal, physical, mental and emotional needs in sight. Those who nominated her mentioned she has a calming spirit and they



May 2006

Barbara Bruno, Aramark Manager was selected as the “Wellness Hero”. Barbara and her staff offered tremendous support during the “**Spring Fling Bingo**” Challenge by donating fruit for “Fruit Fridays”, working closely with **PC Wellness** to introduce healthy menu options for the “*Smart Chew*” campaign.



What to do to nominate your hero

Submit the person's name and a brief description about how they demonstrate a commitment to employee or student wellness.

WE LOOK FORWARD TO YOUR SUBMISSIONS!!!