



CINDI PHARES

2024 Wellness Champion

➤ Nomination:

“Cindi has been a champion for well-being since she started in Central HR in 2018. She has expanded resources and has brought numerous positive initiatives to VCU through active collaboration with other departments.”



I am deeply passionate about wellness, and I feel truly privileged to work at VCU, where I have the opportunity to share valuable resources and information with our amazing faculty and staff. By providing resources that address all eight dimensions of well-being: Physical, Financial, Environmental, Emotional, Social, Occupational, Intellectual, and Spiritual, we are helping each employee reach their full potential, both at work and at home.

At VCU, we are committed to collaboration, working closely with other departments to ensure that wellness and well-being reach everyone. We're placing a strong emphasis on mental health, prioritizing it as a critical aspect of overall wellness. In addition, we are collaborating to offer wellness screenings, followed by providing resources. Together, we're focused on sharing consistent information and working toward shared goals, so everyone has access to the support they need.

This recognition energizes me even more, and I am excited to continue this important work.



➤ **Nomination:**

“Lynette has ignited a transformative wave of wellness within our workforce, propelling us towards healthier and happier lives.

Her unwavering commitment to inspiring colleagues to embrace healthier habits and lifestyles is remarkable.”



CommonHealth

LYNETTE PERKINS

2024 Wellness Champion

My name is Lynette Perkins, Human Resources Manager at the Virginia Museum of Natural History.

First, let me begin by saying, how honored I am to be selected as one of CommonHealth's 2024 Wellness Champions.

My goal here at the organization is commitment in the workplace. Commitment is more than just showing up and doing your job. It's about being engaged, proactive, organized, communicative, participatory, and supportive of your team and organization. Lastly, inspiring others to take part in the wellness programs that are offered to us by the CommonHealth Wellness Program.

All the resources that I receive are distributed throughout the organization, demonstrating genuine commitment and motivating others to do the same, so that everyone can benefit from the wellness program.



CASEY DAILEY

2024 Wellness Champion

➤ **Nomination:**

“Casey serves as our Healing Environment Ambassador for the Health Services Unit, at Department of Corrections. In addition to the countless other duties of her job, Casey takes time to plan activities for our large office, does everything she can to encourage us all to participate. She focuses on our physical, mental, social, community and work wellness.”



Working in the medical field is stressful, and layering on working in a carceral setting post-COVID results in a considerable amount of additional pressure. In my role as the Health Services Program Coordinator, I strive to inspire and encourage each person on my team. Having a large group spread across the state requires innovative ideas to promote a sense of belonging and community.

As a Wellness Champion, I believe advocating for staff and fostering personal and professional growth is a critical aspect of well-being. I have found in my experience that being present, listening, and offering guidance is just as important as promoting wellness practices and activities.

By implementing several statewide positive culture and engagement initiatives, we thrive and grow as a team, creating a better working environment and increased support system for all regardless of location or rank. I am so proud to be part of such an amazing team!