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# *Wellness Hero Award*

**Bridget Toomey**

Staff Council At-Large Member



# Congratulations *Sam Mitchell!*

## Wellness Hero Award

Wellness Heroes is a program to recognize faculty and staff members who are practicing healthy behaviors that are inspiring to others in the workplace. Wellness Heroes are nominated because they are contributing to a culture of health and well-being at the University of Iowa.

A Wellness Hero inspires those around them to be healthier. To acknowledge their efforts, a Wellness Hero will be awarded a certificate and a Wellness Hero prize.

**Nominated by:** Bridget Toomey, Staff Councilor.

