



## **Worksite of the Month: November 2011**

### **WVU One Waterfront Place 3<sup>rd</sup> Floor**

As worksite coordinator for WVU OWP 3<sup>rd</sup> floor, Cheryl Sweder has been very instrumental in making sure her worksite meets the needs of employees' wellness including physical well being as well as mental well being. She's superior when it comes to organizing her health screens and making sure her staff and fellow employees receive the individual attention they require. The attendance at her screens is always above the requirements and usually she brings in at least 2 other departments and handles the scheduling for all. Cheryl carries out at least one lifestyle change program per year, does additional health and wellness activities and provides healthy feedback to her department. Thank you Cheryl for all of your efforts - keep up the good work!

