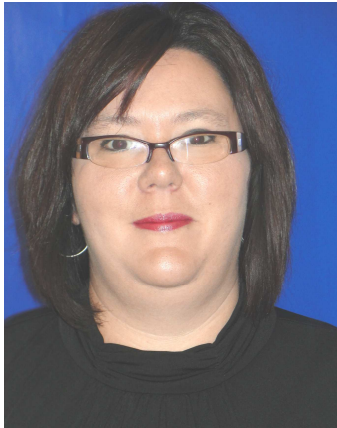




## OCO Wellness Works Representatives

### Allison Griffin of Residential Services



Allison is our newest member of OCO Wellness Works.

**WW: Why is wellness important to you?**

*AG: Wellness is important to me in order to maintain a healthy lifestyle, both professionally and personally. I look at wellness as not just as an individual, but how my overall wellness affects my family and coworkers.*

**WW: Why did you join the Wellness Works committee?**

*AG: I joined this committee to gather ideas and learn how the agency supports employee wellness.*

**WW: What areas of wellness are easy for you to work on?**

*AG: The areas easiest for me to work on would be assisting others with executing their goals, and generating ideas to explore opportunities for wellness.*

**WW: What areas of wellness do you tend to neglect?**

*AG: I tend to neglect my spiritual wellness. I struggle with finding time to relax and enjoy the present moment. Each day is a new adventure, and I make every effort to accept it with an open mind.*