



OCO Wellness Works Representatives **Diane Shannon** of Community Services

Diane is a founding member of OCO Wellness Works. Diane is the Transit Services Coordinator for Transportation Services.



WW: Why is wellness important to you?

DS: Wellness, to me, is not a one-day fix, and we are not born with a book of rules. Wellness is a lifetime of learning, exploring, and nurturing to find what works for each of us. I have dealt with a weight problem for years. I tried all kinds of fad diets, and each time, I experienced positive results for a short time, but also gained harmful negative results. It wasn't until I went to a certified nutritionist that I realized the harm that I was doing to my body. What we do to our bodies today will impact our health and wellbeing in our later years. I want to be that 90-year old lady

teaching Zumba 7 days a week!

WW: Why did you join the Wellness Works committee?

DS: I see the benefits that wellness can bring to people. It is wonderful that OCO has taken the first steps in recognizing the benefits of healthier employees. I also want to motivate my staff in thinking healthier and providing them with information about how to be healthier. I also think it's important to bring the ideas and needs of my staff to Wellness Works. Employee wellbeing is important to me.

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

DS: Physical wellness is an area I am interested in and practice each day. Social wellness is part of me; I like humor and enjoy people!

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

DS: I am interested in all areas of wellness, but tend not to practice in the area of spiritual wellness. I believe in meditation; but it takes a great amount of self-discipline, and I can't stay still that long! 😊