



**Name:** Denise Doose

**Job title:** Coordinator of Business Development /PALS

**How long have you worked here?**

5 years

**How do you stay healthy at work?**

The network printer I work with is at least 100 feet away, I go to my coworkers instead of email, drink water and limit caffeinated drinks.

**What has been your favorite wellness event or activity to participate in?**

I enjoy the water challenge, we get very competitive at Psych/Rehab.

**What's one thing that we don't currently do that you'd like to see us do?**

Zumba, Yoga or other activities over on 39th Avenue for the Springhill, PFS, Mag Park and Psych/Rehab employees.

**What is your favorite healthy meal?**

Sushi – Nigiri (Rice and fish) I don't do the American sushi-it's not real sushi (lived in Japan for 3 years)

**What is one health goal you are currently working on?**

Not eating so late, I am night owl by nature and sometimes do not start cooking dinner until after 8 p.m. ... yikes!