



Hi! I'm Paige, Director of Population Health.

I oversee the ParTNers for Health Wellness Program, as well as the Employee Assistance Program.

My background:

I have more than 30 years of experience

in health and wellness. I started out majoring in education my freshman year of college. My first spring break, I thought being a substitute teacher was a good way to experience the classroom. I taught kindergarten for a week, and changed my major as soon as I got back to school. Exercise science was not yet a fully developed curriculum (I'm old), but Middle Tennessee State University was just starting a non-teaching track for physical education that would soon become their exercise science program. I earned both my undergraduate and graduate degrees from MTSU. I started working for the state, and what is now Benefits Administration, as the wellness program's exercise specialist in April 1998 (more on that later). The program was called Working Well, and I loved creating content to share with state employees. I traveled across the state frequently, delivering lunch and learns and helping with onsite screenings. I left state government for several years, but found my way back in 2006 and have loved helping the program grow into what it is today.



What inspired me to choose this career:

I genuinely love helping people learn about their health and well-being. I've worked with older adults who thought being active was a foreign concept or a thing of the past. It's great when they realize you have some control over your independence later in life by moving and getting or staying strong. Staying strong doesn't mean being a body builder or lifting heavy weights. The younger we start, the better off we are, so I love all the programs and resources we make available to help our plan members achieve their goals and live life to the fullest.

5 FUN FACTS

1. My very first day of work in state government was April 16, 1998 – the day a tornado hit downtown Nashville. Nothing will bond you to your co-workers like running for your life. We all became very close, very quickly.
2. I am obsessed with goats. Obsessed. So, of course, I had to try goat yoga. A word of caution: they do pee and poop on you and will eat your yoga mat. 😊



3. One of my favorite summer activities is to take my nephews to the lake. The joy on their faces is THE BEST. I love making memories with them.



4. I have three dogs. Boone is a lab/terrier mix and Smokey and Idgie are Great Danes. They are sisters and will be three in October.



5. I love to travel and have adventures. I've been cave tubing in Belize, caught a rooster fish in Costa Rica and rode in a hot air balloon in a New Mexico along the Rio Grande River. I'm headed to Africa this fall for a trip of a lifetime!



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