

**Office of Human Resources**  
***Your Resource to Excellence***

**Office of Human Resources (OHR) – Deputy Chief of Human Resources**  
**Wellness Unit at Takoma Park/Silver Spring Campus**

The MC Wellness Program at the TP/SS campus is committed to supporting a healthier lifestyle for employees and offers exercise activities, special fitness challenges and access to the campus fitness center complete with fitness training five days each week. Special programs focus on weight management, nutrition education and support for developing healthy habits are also offered.

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**Mercedes Santos**

Mercedes Santos, Wellness Coordinator for the Takoma Park/Silver Spring Campus since 2006, communicates with employees regularly by email about new and ongoing programming. Mercedes, who also teaches yoga for the TP/SS campus Wellness program, came to MC after taking an early retirement from her job as an equal opportunity analyst for the University of California. Prior to that, she worked for a community-based health and wellness organization and served as a Peace Corp volunteer doing health and nutrition education in Nicaragua. In addition to her long-standing interest in wellness and nutrition, she has worked as a tennis and racquetball instructor and has competed in both tennis and as a tri-athlete. She is experienced with various body and energy work modalities, including the Alexander Technique, Reiki, Bioenergetics, and CORE Structural Integration. She is available to individual employees as a resource to help explore how to achieve and maintain a healthy lifestyle. Mercedes can be reached at [mercedes.santos@montgomerycollege.edu](mailto:mercedes.santos@montgomerycollege.edu) or at 240-567-3967.