Wellness Grant Feature of the Month: Heart and Vascular Center
Wellness Ambassador: Gina Flaharty

The Heart and Vascular Center at UC Davis Health used their mini-grant funds to purchase a Vitamix for the department. Through this purchase, Gina Flaharty, the wellness ambassador for the Heart and Vascular Center, hoped to strengthen the department’s community and encourage social time among colleagues and to prepare and enjoy healthy smoothies and soups.

Gina and colleagues were very excited about using the Vitamix and held a Smoothie Social after settling into their new building in which colleagues and members of other departments came together to socialize and create a sense of cohesiveness. The mini grant purchase brought other positive outcomes during the smoothie social, such as laughing, meeting new people, and a healthy breakfast for participants. Heart and Vascular staff members interrupted the physician rounds and served them smoothies – they loved it!! PM&R staff also joined and want to participate next time.

Although a Vitamix provides added convenience to making healthier snacks and meals more available in the workplace, there has been a challenge of how to use the Vitamix in a shared space. Gina hopes to continue promoting health and well-being within her department by participating in UC Walks and silent discos with smoothie making. The department also plans on holding another social during the lunch hour and make soup instead of smoothies using the Vitamix.