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Ruby is the CEO of RBH Wellness Solutions, where she assists businesses, government agencies, and nonprofits in creating employee well-being strategies that support mental health at work while improving belonging, engagement, and retention. In addition, she provides project management for local, state, and national initiatives. Ruby holds a bachelor's of social work degree from UNC Wilmington and a master's of education degree in student personnel services from the University of South Carolina. She has over 20 years of experience in program management education and adult, continuing, and higher education. She is a collaborative leader who is always looking to connect with organizations that need a wellness expert to step in and build the foundation for a healthier workforce. She is also recognized as a state and national leader in corporate wellness and community mental health education.