



**Ana Agud, M.P.H.**

**Manager for Work/Life Program  
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Ana has been at Virginia Tech for more than 12 years, providing employees with programming to help them understand how the six dimensions of well-being (mental and emotional, physical, financial, community, social, and purpose) play an important role in their lives. As the manager for the Work/Life Program, Ana provides programming and resources to help employees find their work/life harmony. Ana is also a certified Koru Mindfulness instructor; she trains employees and students throughout the year and delivers mindfulness and meditation programs to groups on campus. Ana has been in health and wellness for more than 20 years. Ana received a bachelor's of science degree in business administration and a master's degree in public health. In her free time, she enjoys walking, spending time with family and pets, and watching sports.