



Crystal Ruiz, M.A.

**Program Manager of Well-Being
Virtua Health
Pennsauken, New Jersey**

Currently, Crystal focuses on the needs and priorities of hospital employees and leverages resources that support six areas of well-being (emotional/mental, physical, financial, intellectual, social, and spiritual). With these resources, she creates, organizes, and leads colleague well-being sessions, workshops, and events across the Virtua Health hospital system (13,000+ employees). Over the years, Crystal has also pursued her passion for education by supporting the inner-city school systems in Camden and Philadelphia by providing age-appropriate health screenings and developing and administering comprehensive school wellness programming for students, staff, and families. Crystal earned her bachelor's degree in Health and Exercise Science while minoring in dance and earned her master's degree in Wellness and Lifestyle Management from Rowan University. During her free and self-care time, she enjoys teaching Zumba fitness classes in her community (schools, churches, and non-profits), trying new foods from a variety of cultures, enjoying time outdoors, and spending time with family and friends. She looks forward to meeting other like-minded individuals and continuing to grow in her professional journey at this year's conference!