

The scholarship money I received from the UPS Foundation was applied toward my tuition in pursuit of my Bachelor of Science in Nursing (BSN). At the time I was awarded the money, the class I was taking was Community Health. This class brought light to some of the health disparities within my own community. I had to complete a community health assessment to determine the top health issues that affect the area in which I live. The number one health problem in my area was heart disease. I began to look closer at the industries within the community and determine if any of them had any type of wellness programs or preventative measures in place to combat heart disease. After surveying the workplace, approximately half of the industries offered some kind of incentive for preventative care whether it be a reduction in premiums for insurance or discounted memberships to the gym. For the companies who did not offer any type of information to their employees, I offered to do onsite wellness classes and

health issues