Riverside, Calif. – One deserving employee from Western Municipal Water District (Western) was honored by the Inland Empire Division of American Heart Association (AHA) with a 2017 Lifestyle Change Award after she chose to make a radical and healthy lifestyle choice based on a work assignment.

Three years ago, Pam Davis, a human resources specialist, was given the assignment to manage Western’s Wellness Program, which aims at promoting healthy lifestyle choices for employees. At the time, having been a smoker for 40 years, Davis did not feel comfortable encouraging others to improve their health, when she herself was battling with a serious smoking habit.

“I could not be a champion for wellness with my co-workers and then sneak outside to smoke,” shares Davis. “Quitting was something that I had thought about for years, but I always lacked the motivation. My work assignment to run the wellness program was just the motivation that I needed.”

With encouragement from her family and friends and the motivation to serve as a role model to other employees, Davis used Western’s Wellness Program as her inspiration to quit smoking cold turkey.

“Pam has been a champion for Western’s Wellness Program and not only developed most of the initiatives we have today but also was committed to “walk the walk” and make a truly positive change to her own life,” said Western’s Human Resources Director Candi Judd. “Since the program started three years ago, so many of our employees have reaped the benefits of a better, healthier life thanks to positive changes like Pam’s”.

Western boasts several Wellness programs, such as Lunch ‘n’ Learns, onsite yoga and an annual Wellness Expo, which encourage healthy behaviors both at the workplace and at home. The program focuses on the seven dimensions of wellness: social, emotional, spiritual, environmental, occupational, intellectual and physical.

In addition, Western was honored as a 2016 IE Top Workplace thanks to its dedication to its employees through its Wellness and other programs that encourage learning and growth to enable employees to work at their full potential.

The Inland Empire Division of the AHA annually awards honorees with the Lifestyle Change Award based on nominations. Individuals recognized have made changes to affect their quality of life and improve their health. After hearing Davis’s heartfelt story, an AHA employee nominated her for the distinction. This month marks the three-year anniversary that Pam has been smoke free.
“It was difficult to quit smoking after more than four decades, but it was well worth it,” noted Davis. “I hope my story might inspire someone to make a change in their lives that they have been putting off; there is never a better time than now.”

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*Western Municipal Water District provides water supply, wastewater disposal and water resource management to the public in a safe, reliable, environmentally sensitive and financially responsible manner.*