



News Release

HERO Begins 2024 with Key Staffing Announcements

New changes will help sharpen organization's efforts to shape the health and well-being agenda to influence change and drive research.

RALEIGH, NC (January 17, 2024) — The Health Enhancement Research Organization (HERO) is excited to share a series of staffing announcements that will help the organization continue advancing health, well-being, and performance through employer leadership and facilitating actionable research to move the science and understanding of health and well-being forward.

Mary Imboden, PhD, to Serve as Research Fellow

Dr. Mary Imboden, previously the director of research for HERO, will serve as the Principal Research Scientist within Providence's Center for Cardiovascular Analytics, Research + Data Science (CARDS) in Portland, Ore. In addition, Mary will continue to work with HERO as a Research Fellow. The fellowship model allows HERO to tap into subject matter expertise to support a robust research agenda. Working as the Research Fellow, Dr. Imboden will collaborate with HERO members and other stakeholders to support HERO's agenda, vision, and values nationally and internationally. Her work will include the development of thought leadership content, presentations at national conferences, and partnering with a wide variety of health-related organizations and associations.

Dr. Imboden also will continue to lead the development and expansion of the HERO Worker Well-Being Clearinghouse, powered by the National Institute for Occupational Safety and Health Worker Well-Being Questionnaire (NIOSH WellBQ), as HERO seeks to help organizations learn about best practices for promoting workplace health and well-being, and to discover opportunities to improve and measure progress over time.

Emily Wolfe, MSW, LCSW Joining CleanAIRE NC as Health Manager

Emily Wolfe, HERO's director of learning experience, will join CleanAIRE NC (CANC) as the health manager, where she will be engaging a statewide network of medical and health professionals to promote community health equity, improve air quality, and mitigate climate change through health education, research, advocacy, and climate policy.

CANC advocates for the health of all North Carolinians by pursuing equitable and collaborative solutions that address three powerful determinants of health: climate change, air pollutions, and environmental justice. The organization will benefit from Wolfe's keen intellect, passion for mental health, and commitment to advancing population health equity. In her seven-plus years with HERO, Wolfe has managed the development and dissemination of several white papers, case studies, and educational convenings in the areas of workforce mental health, social determinants of health, employee experience, healthcare, and culture of health.

LillyRose Macar to Support HERO Forum24

LillyRose Macar will be joining HERO as an Executive Assistant, responsible for managing a wide range of projects spanning administrative support, communication, marketing support, and project management. Macar will also be instrumental in supporting HERO Forum24, to

be held October 7-9, 2024 at The Renaissance Baltimore Harborplace Hotel in Baltimore, Maryland. This year's theme is "Change at the Speed of Trust: Belongingness as the Gateway to a Healthier Culture." [HERO Forum24 Call for Presenters](#) is now open through March 31st.

"It truly brings me joy to see good people who are great at what they do thrive," says HERO President & CEO Karen Moseley. "Mary and Emily have been instrumental in providing leadership in research and education by connecting science and practice to demonstrate the value of a health and well-being employer ecosystem. And the addition of LillyRose will help us continue meeting and exceeding the varied needs of our members."

Seeking New Employees, Insight in 2024 and Beyond

Given these developments, and the ongoing need to support current and future efforts in 2024 and beyond, HERO will be looking to recruit in the near future. Visit the [HERO Job Board](#) for updates. HERO also will be sending its members a short survey, and this insight is crucial to help the organization discuss, research, and analyze topics of paramount importance to workplace health and well-being strategy.

About HERO

HERO (Health Enhancement Research Organization) is a not-for-profit, 501(c)(3) corporation that was established in 1996. HERO is dedicated to identifying and sharing best practices that improve the health and well-being of employees, their families, and communities. To learn more, visit www.hero-health.org. Follow us on [LinkedIn](#).

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