



NEWS RELEASE

(For immediate release)

HERO hires Mary Imboden as membership manager and research associate

Imboden will be a resource for current and prospective members and support HERO research and projects

WACONIA, MN (May 17, 2018) — The Health Enhancement Research Organization ([HERO](#)) announced today that Mary Imboden has been hired as the organization's membership manager and research associate. She replaces retiring membership manager Marlene Abels.

Imboden is a former HERO Forum intern who recently completed her Ph.D. in clinical exercise physiology at Ball State University. Her research interests include healthy lifestyle and behavioral interventions as a means for preventing chronic disease. In her new role she will engage with current and prospective members as an ambassador for HERO.

“Mary’s background gives her an excellent foundation for relating to and interacting with HERO members. In addition, she is uniquely qualified to support HERO research projects,” said Paul Terry, CEO and president, HERO. “Mary will be a valuable resource for HERO and our members, and an important collaborator in our ongoing efforts to enhance understanding and adoption of workplace health and well-being best practices.”

Prior to joining HERO, Imboden worked as a laboratory testing supervisor in the clinical exercise psychology program at Ball State and as an exercise science instructor in the Ball State School of Kinesiology.

Imboden earned a bachelor of science degree in exercise science from Towson University and a master of science in health and exercise science from Wake Forest University. She received the Ball State ASPIRE Graduate Research Grant in 2017 and the Ball State Graduate School Certificate of Achievement in 2015 and 2016.

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About HERO – Based in Waconia, MN, HERO (the Health Enhancement Research Organization) is a not-for-profit, 501(c)3 corporation that was established in 1997. 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 [Twitter](#) @heroehm, [Facebook](#), or [LinkedIn](#).