



2023 ANNUAL REPORT



116 N Heber Street, Suite B
Beckley, WV 25801
304-254-8488
hello@activeswv.com

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ORGANIZATION OVERVIEW

COMMUNITY CAPTAINS

Community Captains are champions of their communities who want to lead others to live healthier and more active lives. Through volunteering, they remove barriers that prevent people from being active by providing free weekly and monthly physical activity programs in their communities. Activities include beginner-friendly walking and running groups, tai chi, yoga, water aerobics, pickleball, hiking, group fitness, stand up paddle boarding and more.

YOUTH PROGRAMMING

Active SWV Youth Programs help participants develop an enjoyment and understanding of exercise, while learning healthy habits for life. Kids Run and Hike Clubs are hosted at schools across southern West Virginia. The program is accessible to all children with no cost to the participant, community, or school. Interested parents, teachers, faculty, family, and community members can be trained by Active SWV to lead the program as Kids Run Club or Kids Hike Club Coaches.

WORKPLACE WELLNESS

Employers in West Virginia can improve the health of their employees by participating in the Active SWV Workplace Wellness program. Many people spend a significant portion of their lives at work, which is why it is imperative that workplaces prioritize health initiatives that are simple, inexpensive, and long-lasting. This program provides structure and support for a multi-year approach to increase physical activity in the workplace by utilizing a score card to measure results.

ACTIVE PLACES

By rethinking the region's infrastructure to support active lifestyles, Southern West Virginians can improve their health and wellness with more opportunities to get out and exercise while increasing economic activity and job creation. Active SWV Active Places is committed to providing a network of accessible locations to make physical activity safe, fun and convenient for everyone.

JOIN THE COMMUNITY

We invite you to join us in our free physical activity programming and signature events!



www.activeswv.org



hello@activeswv.com



304.254.8488



www.activeswv.org/calendar



www.facebook.com/activeswv



www.instagram.com/activeswv



www.activeswv.org/membership-sign-up/

MISSION

Active Southern West Virginia is a non-profit providing an ecosystem of physical activity for the residents of southern West Virginia by offering programs led by trained volunteers from within the communities they serve.

VISION

Active SWV seeks for everyone to enjoy a healthy and active lifestyle. Populations are targeted who face the greatest economic and social barriers. Improving health outcomes through behavioral change will strengthen community and economic development.

STRATEGY

Community Captains is an innovative program developed by Active SWV. Community Captains and other Active SWV volunteers are themselves residents seeking healthier lifestyles. These volunteers are provided training with certifications and comprehensive program manuals to facilitate quality programming within communities, workplaces, local governments, and schools. This unique and evidenced based peer-to-peer model provides interventions to help individuals be in charge of their own health to prevent and manage chronic diseases in coal-impacted communities. Volunteers invite their friends, family, neighbors, and co-workers to join a routine of being active. This social support system is delivered in person and virtually.



2023 HIGHLIGHTS

Active Southern West Virginia is on the move. Check out the 2023 progress wrap up!



1,945

FREE volunteer-led Community Captain programs were made available in 2023 - from hikes to pickleball to water aerobics and more!

ACTIVE SWV: THE ORGANIZATION

9th Year in Operation (founded in 2015)
6 Full-time Staff
1 AmeriCorps
15 Board Members
4 Main Program Areas



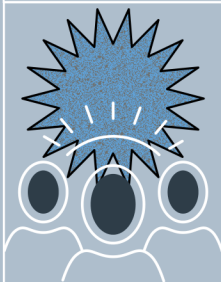
26
WORKPLACE
WELLNESS SITES

12 Counties Reached
5,569 Employees Reached
\$19,458 in Grant Funds Given
18 New Work@Health® Certified Individuals

COMMUNITY CAPTAINS



- 1,945 Opportunities for Physical Activity
- 51 Newly Trained Community Captains
- 79 Active Places Venue Partnerships
- 16 Counties with CC Programs



KIDS RUN CLUBS

34 Clubs
14 Counties
1,441 Participants
125 Volunteer Coaches
260 Energy Express
AmeriCorp Coaches



ACTIVE PLACES AWARDEES

- Raleigh County Community Action Association
- Raleigh County Parks and Recreation
- Fayette County Parks
- Midland Trail Community Center



COMMITTED TO HEALTH AND WELLNESS

Active Southern West Virginia is a non-profit providing an ecosystem of physical activity for the residents of southern West Virginia by offering programs led by trained volunteers from within the communities they serve.



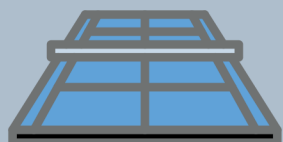
1,038 RACERS

RUN THE SUMMIT - April
NRG RIM TO RIM - May
TRY-ATHLON- June
Bridge DAY 5K - October
UGLY SWEATER RUN - December
26 States + DC Represented
41% Male - 59% Female
Age Range 3-82

ARTIST SERIES

NDTank
Dave Mele

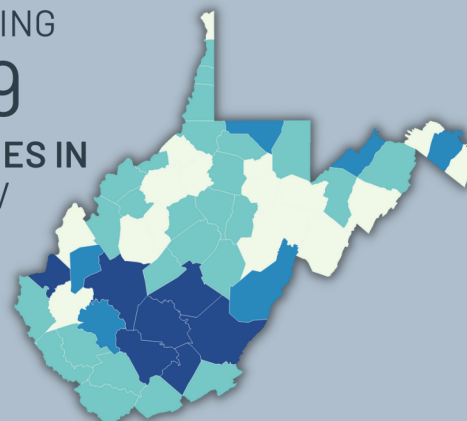
Active SWV launched an Artist Series fundraiser shop, recruiting local artists and selling apparel.



\$32,850.91

In Giving
\$8,429.70 by Individuals
\$24,421.21 by Businesses

SERVING
39
COUNTIES IN
WV



EXECUTIVE SUMMARY

Past, Present, Future

Active Southern West Virginia, commonly referred to as Active SWV, launched in 2014 under the guidance of the New River Gorge Regional Development Authority. This four-county economic development office listened to their stakeholders and communities and heard the need to improve the health of local residents. Active SWV's founding board members included city and county parks and recreation directors, the director of the YMCA of Southern West Virginia, area athletic enthusiasts, school teachers, physicians, entrepreneurs, and corporate executives.

Southern West Virginians have faced a declining economy and population for decades. This has resulted in young professionals moving away for jobs, a loss of tax income to support public health infrastructure, and many school consolidations. This economic downturn paired with WV leading the nation in obesity and poor health outcomes, demonstrates the need for an organization to prioritize the health of the workforce and community.

Active SWV's launch brought hope and significance to the importance of living an active lifestyle. The founding program areas were modeled after Sports Backers in Richmond, VA. This provided a framework to create a solid foundation of programs to reach all ages and in everyday life.

In Active SWV's first five years, the programs were well received by communities and volunteers were growing in all areas of the organization. 2019 had a record number of participants, volunteers, and race events, and partnerships were also expanding on city, county, and state levels. But no one was prepared for the impact the Covid-19 pandemic would have on our way of life and economy.

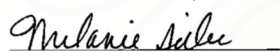
It took a few long months in 2020 for Active SWV to find its footing, but then programs picked back up with a focus on health education information, social connection, and the importance of outdoor recreation. Since then, Active SWV's rebound momentum has continued with 2023 participation and volunteer numbers exceeding those in 2019.

Being active isn't just something you go do, it is a way of life. Active SWV looks to a future where movement is part of everyday living. From the home to the community, during the school day and after, and to the workplace, active living provides individuals with strong immune systems, improved mental health, and a higher quality of day to day life. Your child can avoid juvenile diabetes, you can reduce stress and medical bills, you will retain employees in a healthy workplace, and when there are grandchildren, you will join in to play on the floor and in the yard.

In 2024, Active SWV strives to improve health access, health education, community programming, and inclusive race events. Join us!

Stay healthy and active,

Melanie Seiler, Executive Director

A handwritten signature in black ink that reads "Melanie Seiler".

COMMUNITY CAPTAINS

2023 SUMMARY

The Community Captain program hit many milestones in 2023! Throughout the year, our volunteers provided free programming to 911 participants, hosted programs in 16 counties (Fayette, Raleigh, Summers, Nicholas, Kanawha, Wyoming, Greenbrier, Pocahontas, Marion, Morgan, Monroe, Upshur, Webster, McDowell, Cabell, and Mercer Counties), Active SWV's volunteer coordinator trained 51 new volunteers in 2023, and there were a total of 1,945 program sessions throughout the year.

Notably, there was a significant increase in the number of program sessions offered from 2022 to 2023. In 2022 we reported 792 program sessions, compared to 1,945 in 2023. Examples of programs are hikes, REFIT, Zumba, yoga, stand up paddle board, and more. Sessions can be repeating within each program type and some programs have only one session. For example, REFIT Beckley has an average of three sessions each week. Kanawha Active Owl yoga averages three sessions each week. Pickleball might offer one session each week in two different locations. Hikes are typically single session programs, but many of our Community Captain volunteers offer a different hike program opportunity each month, or even two times per month. 2023's session total of 1,945 is over a 40% increase from 2022. Considering that each session requires at least one volunteer, a venue space, and is free and open to the public, Active SWV volunteers and staff stayed very busy keeping things up and running smoothly.

This tremendous growth led the Active SWV team to investigate new options for connectivity with participants and scheduling ease. To that end, a new software program with a mobile app was procured and put into practice in December 2023.

Before the full-scale launch on 1/1/2024, we were able to add 315 memberships and 30 programs in 2023. The use of this technology will enable greater reach into more communities in the coming years.

2023 BY THE NUMBERS

1945	→	Program sessions
911	→	Participants
51	→	NEW Community Captains Trained
16	→	Counties served



COMMUNITY CAPTAINS

VOLUNTEER APPRECIATION EVENT 2023

In 2023, Active SWV thanked volunteers with a Cryptid themed party with food and games from local vendors. Approximately 50 volunteers, community members, and family members joined Active SWV at the Confluence Resort for a "Once in a Blue Moon" Volunteer Appreciation event.

Thank you to The Confluence Resort for hosting us, Pies and Pints Fayetteville for the main course, Gran Robbins for dessert, Jay Young photography, and Lonely Hero Games for coming with entertainment. Volunteers were invited to attend and for the first time, Active SWV put out an invitation to family members, community members, and others as paid guests.

Time was spent celebrating programs and leaders, learning about other opportunities, and getting to know other volunteers in the state. The evening ended with a beautiful sunset and viewing the blue moon rising over the mountains.



QUOTES AND SUCCESS STORIES FROM VOLUNTEERS

Success stories:

"Webster County didn't have an ACTIVE SWV [Community Captain]. I volunteered to be a CC and we started a walking group in 2023. Started off with just me at first but slowly gained about 5 walkers consistently. We recently took the group indoors due to winter to do group walking and exercising at local community center and we are seeing about 5-8 consistently show up!! Very proud of this group and I hope it continues to grow!!"

"Not one specific story, but just such a sense of community and belonging that has developed from the continued role this group plays in my life. Being new to the area, ActiveSWV as a whole has made me feel incredibly welcomed, and empowered, and those feelings help me be a better version of myself."

Do you think Active SWV is making a difference?

"Yes. It may be slow and steady progress, but I can't imagine my community without Active SWV."

"Yes, some events seem bigger all the time. And the name recognition is there."

"Yes. The reputation in the community is super high and positive. Lots of participation in programs and the community wants to see the organization continue."

ACTIVE PLACES

GROWTH IN 2023



In 2023, Active Southern West Virginia achieved a significant milestone by growing to 79 Active Places that facilitated 1,945 opportunities for community members to engage in physical activity through Active SWV free programs. These Active Places served as vital hubs for fostering healthier lifestyles and enabling diverse communities to participate in various physical activities, ranging from hiking and biking to group exercise sessions and outdoor events.



The extensive network of Active Places in 2023 not only provided accessible venues, but also offered a wide array of opportunities catering to different preferences and fitness levels. This accomplishment underscores Active SWV's commitment to promoting active living and ensuring that residents across West Virginia have ample opportunities to lead healthier and more active lives.

2023 - THE YEAR OF PICKLEBALL

In 2023, southern West Virginia embraced the rising popularity of pickleball, marking it as the "Year of Pickleball" across the region. A significant development took place in Fayetteville at the Soldiers and Sailors Memorial Building, where the enthusiastic efforts of several Community Captains materialized into a vibrant pickleball community. The dedication and commitment of multiple Community Captains were instrumental in transforming Fayetteville into a thriving hub for pickleball enthusiasts.

Community Captains Jenny and Kate spearheaded the program in Ansted at the Midland Trail Community Center, offering a welcoming space and fostering a growing interest in the sport among the local community. The leadership and initiative by all the Community Captains involved in the pickleball scene underscored the community-driven spirit that propelled the emergence of pickleball as a widely enjoyed activity in Southern West Virginia.



ACTIVE PLACES

ACTIVE OWL PARTNERSHIP

Through a partnership with Spotted Owl Healthcare, the Active Owl Partnership saw remarkable program expansion within Kanawha County throughout 2023.

The growth manifested in a diverse range of offerings by Community Captains, catering to the varied interests of the community. Yoga sessions led by Monique flourished at the WV Health Right Community Center, while soul step classes, conducted by Monica, found success at both the King Community Center and the North Charleston Rec Center. Additionally, Zumba sessions with Tim became a hit at Bream Church, and soul line dancing led by Carl thrived at the Kanawha City Rec Center. Notably, the introduction of Tai Chi sessions with Cynthia at the West Sattas Community Center added to the rich array of activities available.

These varied programs signify Active SWV's commitment to offering an inclusive and diverse range of physical activities, enhancing access and encouraging community participation in active lifestyles throughout Kanawha County.

WALKING GROUPS

The proliferation of Active SWV walking groups across West Virginia in 2023 showcases a remarkable expansion and community engagement. Across various locations—from Fayetteville's Soldiers and Sailors Memorial Building led by Mary, Ansted's Midland Trail Community Center guided by Eric and Samantha, Northfork's Children's Home Society led by Nate, to Marion County's spot at the Police Reserve Building led by Jamie, Morgan County's walks at Widmyer Elementary School led by Amie, and Charleston's Carriage Trail walks helmed by Joreen and Ken - each group has contributed significantly to promoting an active lifestyle through walking.

The widespread presence of these Active SWV walking groups, each led by dedicated community captains, underscores the incredible growth and commitment towards fostering healthier and more engaged communities across the entire state of West Virginia.



ACTIVE PLACES

THE IMPORTANCE OF VENUE PARTNERS

Ensuring ongoing access to free physical activity opportunities for the public is vital, and Active SWV venue partners play a crucial role in realizing this goal. Their commitment to providing spaces for these activities empowers the community to engage in healthy pursuits, promoting overall well-being. These partnerships significantly broaden the reach of Active SWV programs, allowing Active SWV to serve diverse demographics and offer activities across various locations.

The continued support of our venue partners is essential in sustaining this access to physical activities, promoting community health, and fostering a culture of active living among the public. Their collaboration contributes immensely to creating a healthier and more vibrant community for all. See below for a list of all the locations that hosted Active SWV free programs in 2023.

- Adventures on the Gorge
- Arrowhead Bike Farm
- Babcock State Park
- Beaver Coal
- Beckley Art Center
- Bellann Building
- Blackwater Falls State Park
- Bluestone State Park
- Bream Presbyterian
- Central Head Start
- Charleston Parks and Rec
- Children's Home Society
- Church of the Nazarene
- City of Beckley
- City of Hinton
- City of Oak Hill
- Diana Baptist Church
- East End Community Park
- Elkview Baptist Church
- Fayette County Parks and Rec
- First Baptist Church
- Freefolk Brewery
- Fruits of Labor
- Gateway Center/ Town of Smithers
- Gran Robbies
- Hanging Rock Raptor Observatory
- Hawks Nest State Park
- Health Right West Side
- Humana Center
- John Henry Historical Park
- Kanawha City Rec Center
- Kanawha County Parks and Rec
- Lost River State Park
- Marion County Parks and Rec – Police Reserve Building
- Martin Luther King Jr Community Center
- Maxwell Hill Community Center
- Meadow River Trail/Greenbrier Environmental Group
- Memorial United Methodist Church
- Midland Trail Community Center
- Monongalia US Forest Service
- Moncove Lake State Park
- Morris Creek Watershed
- New River Community & Technical College
- North Charleston Rec Center
- Old Stone Presbyterian Church
- Paul Cline Memorial Soccer Complex
- Pax Community Center
- Piney Creek Water Shed
- Queen's Point Coffee
- Raglin Community Center
- Raleigh County Community Action Association
- Raleigh County Parks and Rec
- Ritter Park
- Roosevelt Neighborhood Center
- Ruby Winebrenner Community Center
- School of Harmony
- Shady Spring Branch Library
- Smithers Wellness Center
- Soldiers and Sailors Memorial Building
- Southern Appalachian Labor School
- Sprouting Farms
- Summersville Lake - Huntington District
- Tabernacle of Praise
- The Hub
- The Summit Bechtel Reserve
- Town of Alderson
- Town of Fayetteville
- Town of Northfork
- United States of America National Park Service New River Gorge National Park & Preserve
- University of Charleston
- Vinyl Tracks
- West Sattas Community Center
- West Virginia State Parks
- WV State University
- West Virginia University Institute of Technology
- Widmyer Elementary School



YOUTH PROGRAMMING

2023 SPRING AND FALL SEASON SUMMARY

The Kids Run Club program reached 34 new schools and community groups in 2023, thanks to both the regular season fall & spring Kids Run Club Mini-grant and a partnership with WVU's Energy Express program to introduce the program to summer sites. See below for a breakdown of our fall & spring 2023 Kids Run Club and Kids Hike Club participation numbers. New clubs are highlighted in yellow.

County	School/Community Group	Spring Participants	Fall Participants	Seasons
Cabell	Cox Landing Elementary	33	-	1
Cabell	Nichols Elementary	-	43	2
Cabell	Village of Barboursville Elementary	56	-	1
Fayette	Fayetteville PK-8 Hike & Disc Golf Club	17	12	6
Fayette	New River Intermediate	-	35	1
Fayette	New River Primary	9	-	4
Grant	Union Educational Complex	15	-	3
Greenbrier	Ronceverte Elementary	48	-	2
Greenbrier	Rupert Elementary	30	-	5
Kanawha	Chamberlain Elementary	-	9	1
Kanawha	Kanawha City Elementary	23	25	3
Kanawha	Kenna Elementary	36	-	3
Kanawha	Richmond Elementary	-	30	4
Marshall	Hilltop Elementary	66	76	3
Mercer	Bluefield Intermediate	9	24	4
Mercer	Lashmeet Matoaka Elementary	-	8	1
Mercer	Oakvale Hike Club	-	36	1
Mercer	Princeton Primary	47	-	1
Mercer	Straley Elementary	48	-	1
Monongalia	Eastwood Elementary	108	-	1
Monongalia	Morgantown Early Learning Facility	17	-	2
Nicholas	Mt. Nebo Elementary	-	14	6+
Nicholas	Panther Creek Elementary	-	70	6+
Pocahontas	Marlinton Area Community Group	9	-	2
Putnam	George Washington Elementary	25	-	1
Raleigh	Civil Air Patrol	-	10	1
Raleigh	Crescent Elementary	56	-	3
Raleigh	Mabscott Elementary	53	-	5+
Raleigh	Ridgeview Elementary	104	67	3
Raleigh	Sophia Christian Academy	-	26	2
Raleigh	Stanaford Elementary	52	-	6+
Summers	Hinton Area Elementary	46	31	6+
Wyoming	Baileysville Elementary/Middle	-	6	1
Wyoming	Pineville Middle	22	-	1

14 counties 34 clubs (13 new)

1,441 Spring & Fall Youth Participants



YOUTH PROGRAMMING

SUMMER 2023 KIDS RUN CLUBS - ENERGY EXPRESS PARTNERSHIP

In the summer of 2023, Active SWV teamed up with WVU Energy Express to bring the Kids Run Club program to school based sites as a part of their summer activity curriculum. Active SWV attended the Energy Express Americorps training at Jackson's Mill, resulting in training 260 Americorps volunteers who then implemented the program at 27 sites. 2023 was the first year of this partnership on such a wide scale. The sites include the following schools:

- Brookview Elementary
- Ramage Elementary
- Sherman Elementary
- Brooke High/Middle
- Valley PK-8
- Petersburg Elementary
- Alderson Elementary
- Northview Elementary
- Chapmanville Primary/Intermediate
- Logan Elementary
- Man Elementary
- Frankfort Elementary
- Dingess Elementary
- Lenore PK-8
- Williamson PK-8
- Mt. Lookout Elementary
- Laughlin Chapel
- St. Mary's Elementary School
- Central Middle
- Daniels Elementary
- Fairdale Elementary
- Buffalo Elementary
- Long Drain School
- Paden City Elementary
- Berlin McKinney Elementary
- Mullens Elementary
- Pineville Elementary

SUMMER PROGRAM: BY THE NUMBERS

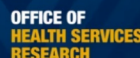
260	→ Americorps volunteers trained
588	→ Participants estimated
27	→ Participating sites
17	→ Counties served

VOLUNTEERS

The Kids Run Club program had a total of 398 volunteers leading the 2023 spring, summer, and fall Kids Run Clubs and Hike Clubs. This number takes into account trained coaches as well as additional volunteers recruited at individual sites to assist those trained. 295 of these coaches were trained in 2023; 260 Americorps in the summer, and 35 regular season fall and spring coaches. These volunteers make the programs possible! See the list below of trained coaches who led a program in 2023 (some listed were trained prior to 2023).

Abbi Kifer	Christopher Meadows	Fredy Ortega	Kara Vance	Phoebe McCloud
Allyson Peck	Cindy Neeley	Ginger Williby	Karen Leathers	Raheem Williams
Amanda Zari	Connie Nutter	Jacqueline Jackson	Katarina Lennox	Rebecca Hurd
Amber Hart	Corella Beasley	Jared Johnston	Keri Conte	Rhanda Blake
Amy Bragg	Daniel Love	Jennifer Blankenship	Loretta Champ	Shannon Cooper
Ashely Hopkins	Debra Williby-Walker	Jennifer Cochran	Marinda Mawalls	Shannon Massey
Beth Jones	Dreama Taylor	Jenny Harden	Michele Anderson	Stacie Laudermit
Billie Hylton	Dustin Wood	Jesse Redden	Nancy Battershell	Stephen Starliper
Brandy Cassell	Elizabeth Castillo	Kaitlynn Redden	Nicole Jenny	Tammy Thomas
Carly Mills	Energy Express Americorps	Kala Woodrum	Pam Wingo	Tara Fowler
Chassie Canterbury	Erin Kneeland	Kara Miller	Patricia Ford	Taylor Hamm
				William Harmon

PARTNERS



YOUTH PROGRAMMING

PROGRAM IMPACTS - SURVEY DATA

Kids Run Club participants fill out a pre and post survey designed to evaluate the effects of the program. The collective survey data is analyzed by the WVU School of Public Health, Office of Health Service Research (OHSR). The 2023 survey data is below:

The percentage of kids who responded that they...



Did **not** eat any vegetables over the last 7 days **decreased from 22.5% to 20.3%**

Did **not** eat any fruit in the last 7 days **decreased from 11.6% to 9.6%**



Drank a bottle/glass of plain water three+ times in the last 7 days **increased from 60.3% to 60.9%**

Did **not** drink a can/bottle/glass of soda in the last 7 days **increased from 30.9% to 32.3%**

Friends and family think they should be physically active **increased from 84.7% to 85.1%**



Have the skills they need to be physically active **increased from 90.9% to 92.3%**

Could **definitely** be active for 60 minutes a day **increased from 52.9% to 53.3%**

Have gotten a friend or family member to increase their activity too **67.5%**



Do **not** play video/computer games or use a computer **increased from 9.9% to 16.6%**

Do **not** watch TV on a normal school day **increased from 8.9% to 12.4%**

QUOTES

"I will continue to be the head coach for our school because I love encouraging kids to run and be active! It is also wonderful to see kids wanting to sign up year after year! We are a small school and to see so many kids interested in this club is inspiring!" - Shannon Cooper, Nichols ES

"No matter the work, it was totally worth it. The kids absolutely loved it and it helped create positive connections with some of the behavior issue kids outside of the classroom." - Stephen Starliper, Hinton Area ES

"I plan to do this until my last day :) I think this is the best part of my week. I've gotten to know younger students and maintain relationships with former students. I've watched friendship grow between students that did not know each other before this club. Most of all, I feel this club has positively impacted the climate of our school. All the kids talk about it - all the time! In fact, I had a meeting in my classroom with a sponsor for a large purchase of heart monitoring watches for the club. No less than 15 students poked their heads in during that 20 minute meeting to just say hi and say something about the club. Needless to say, I got the \$5,000.00 sponsorship when he said, "Wow! This is a big deal for these kids!" - Stacie Laudermilt, Hilltop Elementary

WORKPLACE WELLNESS

WORKPLACE WELLNESS IN 2023

Active Southern West Virginia's Workplace Wellness program provides structure and support for a multi-year approach to increase physical activity and wellness in the workplace, using the Center for Disease Control Work@Health® program. This evidence-based resource provides training and support to remove barriers to accessing a healthy lifestyle while at work, resulting in a lasting culture of health and wellness in the workplace.

In 2023, Active SWV's Workplace Wellness program focused on amplifying our regional presence, and extended into several new counties including Greenbrier, Putnam, and Braxton. Active SWV's 2023 Work@Health® cohorts brought new sites, trainees, and Capacity Building Grant projects to the organization.

Additionally, Active SWV held its annual Workplace Wellness Conference and Awards, hosting speakers and attendees from around the state.

2023 PARTICIPATING WORKPLACE WELLNESS SITES

County - Workplace | Employee count

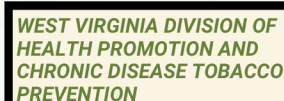
Berkeley	- South Middle School	45
Boone	- Boone Memorial Hospital	390
Braxton	- Mountaineer Food Bank	57
Cabell	- Cabell-Huntington Health Department	40
Cabell	- Service Pump and Supply	40
Clay	- Clay Middle School	45
Fayette/Nicholas	- Fayette-Nicholas Health Department	20
Fayette	- New River Health Association	56
Fayette	- Southern Appalachian Labor School	20
Greenbrier	- Rupert Elementary School	37
Kanawha	- Girl Scouts of Black Diamond Council	36
Kanawha	- Healthnet Aeromedical	280
Kanawha	- Niterra Sparkplugs	800
Kanawha	- The Greater Kanawha Valley Foundation	20
Kanawha	- West Virginia Bureau of Medical Services	200
Kanawha	- West Virginia Department of Motor Vehicles	600
Kanawha	- West Virginia Bureau for Public Health Family Planning Program	200
Kanawha	- West Virginia State University	2000
Monongalia	- Morgantown Fire Department	40
Monongalia	- West Virginia University School of Medicine Division of Exercise Physiology	40
Nicholas	- Columbia Forest Products	200
Raleigh	- Beckley Sanitary Board	43
Raleigh	- New River Gorge Regional Development Authority	20
Raleigh	- West Virginia University Institute of Technology	200
Raleigh	- Workforce Development Region 1	100
Wayne	- Service Pump and Supply	40

12 counties

26 worksites

5,569 total employees

2023 PARTNERS AND CHAMPIONS



WORKPLACE WELLNESS

2023 CDC WORK@HEALTH SITES

- 3** **Work@Health® Cohorts**
 - 8** **New Locations**
 - 18** **Individuals Certified**
- In collaboration with the West Virginia Department of Health and Human Resources, Bureau for Public Health, Office of Community Health Systems and Health Promotion, Active SWV grew Work@Health® participation. In the chart below, the ** indicates a site with more than one Work@Health® trained individual. The new 2023 sites are in bold.

2023 CDC WORK@HEALTH® CERTIFIED INDIVIDUALS

Certified Members

Buisness/Organization

- **Brandon Mehlinger** ————— • Active Southern West Virginia**
- **Laura Powell** ————— • Cabell-Huntington Health Department**
- **Jessica Richards** ————— • **Girl Scouts Black Diamond Council**
- **Hannah Pack** ————— • Healthnet Aeromedical**
- **Mitchell Beall** ————— • **Morgantown Fire Department****
- **John Borzick** ————— • **Morgantown Fire Department****
- **Gary Freshour** ————— • **Morgantown Fire Department****
- **Anthony Stake** ————— • **Morgantown Fire Department****
- **Lucas Turner** ————— • **Morgantown Fire Department****
- **Whitney King** ————— • **Mountaineer Food Bank**
- **Suzanne House** ————— • **Service Pump & Supply - Wayne**
- **Amanda Zari** ————— • **The Dish Cafe**
- **Jennifer McKinney** ————— • Workforce Development Region 1**
- **Amy Sutton** ————— • **West Virginia Bureau for Medical Services**
- **Ifedolapo Aderibigbe** ————— • **West Virginia Bureau for Public Health Family Planning Program**
- **Janelle Williams** ————— • West Virginia University Institute of Technology
- **Shauna King** ————— • West Virginia University Institute of Technology
- **Dr. Brian Leary** ————— • **WVU School of Medicine Division of Exercise Physiology**



WORKPLACE WELLNESS

CAPACITY BUILDING GRANTS: 2022-2023 OUTCOMES

\$19,458

Total Funds
Distributed

3,925

Individuals
Reached

57

Activities
Accomplished

11

Grantees
awarded

5

Counties
Reached

The grant evaluation is provided in partnership with the West Virginia Prevention Research Center.

JULY 2022 - JUNE 2023 CAPACITY BUILDING GRANT AWARDEES

- Berkeley County Schools | **100**
- Cabell-Huntington Health Department | **40**
- Fayette-Nicholas Health Departments | **20**
- Healthnet Aeromedical | **280**
- Morgantown Fire Department | **60**
- Niterra Sparkplugs | **800**
- Southern Appalachian Labor School | **20**
- The Greater Kanawha Valley Foundation | **20**
- West Virginia State University | **2000**
- Workforce Development Region 1 | **100**
- WV Department of Motor Vehicles | **590**
- WVU Division of Exercise Physiology | **40**

SUCCESS STORIES

Niterra Sparkplugs implemented training and formed a committee and wellness program, replicating that model across locations nationwide. *"We have seen an increase in the use of our gyms. We are seeing improved communication with the employees by utilizing the wellness communication boards."*

Berkeley County Schools used Capacity Building Grant funding to build a multi-use track at South Middle School. *"Construction occurred over spring break to not interrupt the school day. A big plus for our teachers and students. Students used the walking path on day one of recess without any suggestions from recess staff. The Walk with Ease group uses the walking path after school. One day after school a high school student was skateboarding on the path. Neighborhood community members have been seen walking on the path. As planned our PE/health students used the path every day."*

Healthnet Aeromedical created a scoring system to give staff points for attending and participating in physical activity/nutrition initiatives at the workplace. *"The program has been successful in communicating to our team that workplace well-being is a priority for our company. We have a group of employees who have participated very enthusiastically! Team members have enjoyed completing the monthly challenges. In addition to this grant, we were able to secure funding to teach Mental Health First Aid to our leaders as well as any team member who wished to become certified as a Mental Health First Aider. We believe the foundational support from leadership for this came from our experience taking the Work@Health® course."*

WORKPLACE WELLNESS

2023 WORKPLACE WELLNESS CONFERENCE AND AWARDS

Active SWV hosted the third annual West Virginia Workplace Wellness Conference and Awards at Glade Springs Resort. This event aims to unite voices and brainstorm ways to enhance the health of the state's workforce. It also acknowledges organizations that have introduced or enhanced workplace wellness programming at their location. Representatives from manufacturing, healthcare, and education sectors enjoyed a day focused on learning, networking, and recognizing the positive influence of Workplace Wellness on West Virginia's workforce.

2023 CONFERENCE STATS:

54 Attendees

74% Attendance increase compared to 2022

14+ Organizations represented

"WELLIE" AWARD LEVEL

2023 "WELLIE" AWARDEES

GOLD

• **Niterra Sparkplugs**

GOLD

• **Healthnet Aeromedical**

BRONZE

• **West Virginia Department of Motor Vehicles**

HONORABLE MENTION

• **Lauren Weatherford, WVU Extension**

HONORABLE MENTION

• **Katie Burnham, WV Prevention Research Center**

CONFERENCE SPEAKERS:

- **Michael Levitt** – Keynote, Breakfast Leadership Network
- **Katie Burnham** – Evaluator, WV Prevention Research Center
- **Dr. Georgiana Logan** – Assistant Professor, College of Health Professions, Marshall University
- **Kayleigh Nolan** – Assistant Professor, WVU School of Medicine, Division of Occupational Therapy
- **Lauren Weatherford** – Associate Professor, Family and Community Development Agent, WVU Extension
- **Dr. Brian Leary** – Associate Professor, WVU School of Medicine, Division of Exercise Physiology
- **Samantha Shawley-Brzoska**, Research Assistant Professor, WVU Office of Health Services Research
- **Lakin Davis** – Program Coordinator, WVU Office of Health Services Research
- **Brandon Takacs** – Associate Professor, WVU Extension-National Resource Center for Coal and Energy OSHA Training Institute Education Center Director



SIGNATURE EVENTS

RUN THE SUMMIT

Active SWV's 2023 Race season kicked off with the 2nd annual Run the Summit. 126 racers gathered at The Summit Bechtel Reserve on April 8, 2023 to take on The Grin & Bear It Half Marathon, Grouse Flush 10K, Hare Raising 5K.

Participant numbers: 126 (107 WV Residents)

States: 11 States (WV, OH, KY, VA, NC, FL, IL, MO, PA, TN, WI)

Age Range: 12 to 76

Volunteers: 9

Event sponsors: JJN Multimedia, Pinheads of New River Gorge, Visit Fayetteville, New River Health, The Dish Café
WV Series - Highland Outdoors, McClumsy, WVU Tech



NEW RIVER GORGE RIM TO RIM RACE

This year marked year three of the NRG Rim to Rim Race, which took place on May 6, 2023. The course follows Fayette Station Road with a 1300' vertical decline and incline providing spectacular views of the river and New River Gorge Bridge. Along with great weather and a delicious brunch, runners sighted unicorns along the course!

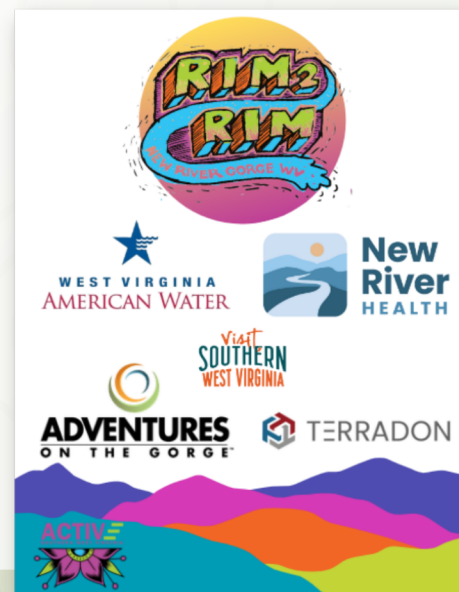
Participant numbers: 411 (276 WV Residents)

States: 17 (WV, VA, OH, NC, KY, MD, PA, TN, DC, GA, IL, MA, OK, MI, NY, SC, WI)

Age Range: 8-82

Volunteers: 32

Event sponsors: West Virginia American Water, New River Health, Terradon, Visit Southern West Virginia, Adventures on the Gorge
Series - WVU Tech, Highland Outdoors, McClumsy



SIGNATURE EVENTS

ROUTE 3 TRY-ATHLON

The inaugural Route 3 TRY-athlon held at Lake Stephens was a great day spent with participants, staff, and volunteers. Participants cycled between 3 stations - run, bike, and paddle - to get a taste of a full triathlon. Thanks to our host location, Lake Stephens, which was well-suited to try out each element. Special thanks to our sponsors.

Participant numbers: 26

States: All WV residents

Age Range: 4-57

Volunteers: 11 (National Park Service, WVU Tech, Coalfields Composite Mountain Bike Team)

Event sponsors: Appalachian Power, Aldi, The Ponderosa Lodge, Stewards Individual Placement, Aldi, Mountain State Miniature Golf, Raleigh County Parks and Recreation, Lake Stephens



WEST VIRGINIA RACE SERIES

Active Southern West Virginia has partnered with Appalachian Timing, Canaan Valley Running Company, and Greenbrier River Trail Marathon to form the Wild & Wonderful Race Series. This series includes 4 regions, 7 weekends April-October, and distances from 5Ks to Marathons. Active SWV's Run the Summit and New River Gorge Rim to Rim races were included in the 2023 series.

Event Partners: Educational Partner - WVU Tech, Highland Outdoors, McClumsy

WEST VIRGINIA'S
PREMIER RUNNING
RACE SERIES

Wild & Wonderful
RACE SERIES

ACTIVE SOUTHERN WEST VIRGINIA

APPALACHIAN Timing Group

CANAAN VALLEY RUNNING COMPANY

GRIM

CONQUER THE MOUNTAIN STATE'S
SEASONS AND REGIONS

4 REGIONS
7 WEEKENDS
APRIL - OCTOBER
5KS TO MARATHONS

RUN AT LEAST ONE RACE IN 3 OF THE 4
REGIONS TO BE ELIGIBLE FOR
SERIES SWAG

WV SERIES.COM

SIGNATURE EVENTS

BRIDGE DAY 5K

Bridge Day 5K 2023 was a great success! We had record number racers, with the youngest at 3 years old completing the 3.1-mile race.

Participant Numbers: 416

States: 23 (Including DC) - WV, VA, NC, OH, PA, FL, MD, GA, SC, TN, IN, AL, MI, NY, CO, DC, KY, TX, IL, NH, NJ, CT, KS

Age Range: 3 to 79

Volunteers: 33 (including WVU Tech Men's Basketball)

Event Sponsors: WVU Tech, West Virginia American Water, Solar Holler, Waterstone Outdoors, AccessHealth WV, New River Gorge CVB, LMNT Hydration

Top Ten Sponsors: The Take Out, Pinheads, The Handle Bar, Swiftwater General Store, The Burrito Bar, Freefolk Brewery, Lakeside Outfitters, Fat Eddie's, Riverchick Farm, Southside Junction Taphouse



SWING FORE! SOUTHERN WV GOLF TOURNAMENT

Active SWV had a wonderful time at the 3rd Golf Tournament hosted at Bridge Haven Golf Course in Fayetteville, WV. The highlight of the tournament came from Bill Mullins with a Hole In One!

Teams: 11 teams of 4 for 44 participants

Volunteers: 5

Event Sponsors: JJN Multimedia, Southside Junction Taphouse, Suddenly Spotless, East West Printing, AccessHealth, Terradon, Brookfield Renewable U.S., Opossum Creek Retreat, Cathedral Cafe, Fayette Veterinary Hospital, New River Contracting, Beckley-Raleigh County Chamber of Commerce, Mountain Surf Paddle Sports, Canyon Rim Rotary, Donnie Bowling State Farm, Fayette County Chamber of Commerce, Court Street Construction, Ficon-Bush Insurance Agency, Inc



ANNUAL FUND

FUNDRAISING AND PROFIT SHARE EVENTS

Active SWV continues to offer fundraising events between Signature Events in order to promote community relationships and offer non-race options for support.

2023 Fundraising Events

- Facebook Birthday Fundraisers (*Crysty Linkenhoker, Kay Bess, Kate Armentrout*)
- Pampered Chef Fundraiser
- Winterplace Tubing Nights Profit Share
- Gritt's Midway Greenhouse Spring Flower Sale
- Paw-Lattes with Activated Body, Hilltop Coffee Company & New River Animal Rescue
- TeeTime Sports Longest Drive Competition
- Volunteer Appreciation Awards
- Into The Gorge Bus Pass Raffle
- Pies & Pints Profit Share Night
- Gritt's Midway Poinsettia Flower Sale
- Activated Body/La Terza Coffee Fundraiser
- 2023 End of Year Giving Campaign



CORPORATE GIVING:

- Kroger Rewards
- Amazon Smile
- Network for Good
- PayPal Giving
- Benevity
- Walgreens



THANK YOU!

ANNUAL FUND

INDIVIDUAL GIVING

Active SWV would like to recognize the following individuals for donating funds to support Active SWV's free programs throughout 2023.

- Janice Allen
- Clayton Allison
- Alyce Almond
- Sheldon Arbaugh
- Kate Armentrout
- Zach Armentrout
- Bonnie Arnold
- Deborah Ashworth
- Andrew Astley
- Christy Bailey
- Peter Balazy
- Annie Balthazar
- Edward Balthazar
- Johnny Bane
- Paula Bates
- Courtney Bayer
- JadeBeall
- Sara Beland
- LeeAnn Belmont
- Chip Bennett
- Autumn Bess
- Claude Bess
- Kay Bess
- Christopher Bethel
- Miriam Bizup
- David Blaine
- Katrina Blankenship
- Shelby Blankenship
- Ruth Blevins
- Nate Blum
- Keith Bratt
- Paul Breuer
- Eric Brooks
- Patrick Browne
- Anthony Brubaker
- Lacy Burdette
- Cathy Caldwell
- Austin Caperton
- Gary Carte
- Kimberly Carter
- Cynthia Chamberlin
- Derek Chandler
- Eric Christiansen
- Gary Church
- Dawn Cimala
- Jay Clark
- Patricia Clark
- Jon Clary
- Jelea Cleaver
- Josh Collins
- Janet Conroy
- Rosy Corley
- Jen Coyner
- Julia Cramer
- Lindsay Crance
- Thomas Crosby
- Jeremy Crosier
- Corey Cusick-Lewis
- Heath Damron
- Lakin Davis
- Paul Davis
- Joe Day
- Rebecca Dean
- Brooke Dempsey
- Greg Dimattina
- Megan Dincher
- Barbara Dobbins
- Christina Dolley
- Adrian Donatelli
- Michelle Dubin
- Dallas Duncan
- Mary Eckerson
- Sarah Edwards
- Elouise Elliott
- Marcus Ellison
- Sue Emch
- Abigail Erinc
- Deb Evans
- Jean Evansmore
- Amber Farthing
- Alan Fell
- Stephen Ferrell
- Paula Fields
- Michael Fisher
- Andrew Floyd
- Andrew Foster
- Kenneth Foust
- Charlee Fox
- Jonny Frame
- David Fry
- Chris Fussell
- Lisa Gale
- Andy Gardner
- Travis Garrett
- Jack Garrick
- Kellynn Gates
- John Gianettino
- Keith Gilchrist
- Dan Gonzales
- Linnie Gonzalez-Maggio
- Jenna Grayson
- Kathryn Griffith
- John Groggel
- Will Hackman
- Alice Haga
- Jeremy Hall
- Monica Hambrick
- Robin Hardman
- Grey Harris
- Robert Harrison
- Valerie Harrison
- Francesca Hartop
- Amy Hatcher
- Marie Haynes
- Jacob Henderson
- Jessica Henderson
- Adam Herrold
- Nathan Hilbert
- Susan Hofstetter
- Tarren Holcomb
- Judith Holland
- Eli Holt
- Betsy Houchins
- Beth Hudspeth
- Gwen Huffman
- Donna Hughes
- James Hurd
- Chad Hutchinson
- Paula HuYoung
- Cassie Jarrell
- Mike & Bonny Jarrell
- Erin Johnson
- Heather Johnson
- Jamie Johnson
- Katie Johnson
- Kristie Johnson
- Michael Johnson
- Steven Johnson
- Tammy Johnston
- Ericka Jones
- Leah Kendrick
- Scott Kilmer
- Phil Kincaid
- Corinne Kirk
- Nancy Kissinger
- William & Michelle Klenk
- Frances Klimczak
- Masaki Kuwahara
- Deborah Lamey
- Fredrick Lamey
- Artina Lane
- Rosalyn Lauderback
- Lori Lebl
- Patricia Lee
- Randy Lester
- Nicole Lewis
- Crysty Linkenhoker
- Luke Lively
- Kate Long
- Meghann Long
- Stefan Lorincz
- Amber Marcu
- Karen Martin
- Teresa Martin
- Will Massey
- William Massey
- Beau Masterson
- Kimberly Maxwell
- Melanie McClain
- Monica McCormick
- Dalton McCown
- Lisa McKenzie
- Lauren McKiernan
- Brandi Meredith
- Shawn Meredith
- Tim Micek
- Donald Milam
- Jacob Milam
- Amber Mitchell
- Tara Monfredi
- Catherine Moore
- Gary Moorefield
- Stephen Mount
- Kirk Mulcahy
- Bill Mullins
- Jill Myer
- Tim Newsome
- Susan Osborne
- William Overko
- Robert Parsons
- Daniel Patrick
- Dan Patterson
- Tim Payton
- Shannon Peffley
- Jonathan Penland
- Leah Perkowski-Sisk
- Emily Persinger
- Kayla Petersen
- Paige Phillips
- Allyson Pierce
- Colby Pishner
- Shannon Pizzimenti
- Travis Prince
- Cullen Proctor
- Pamela Pross
- Margaret Rader
- Elizabeth Raney
- Tally Reed
- Sue Rice
- Melora Rich
- Alyssa Rodriguez
- Lorena Rodriguez
- Laura Rogers
- Megan Ross
- Michelle Rotellini
- David Runyon
- John Sade
- Ryan Schmitt
- Pamela Schretzenmayer
- Sandi Schroder
- Wendy Scott
- Melanie Seiler
- Chuck Seufert
- Erin Shackelford
- Adam Shaw
- Jeff Shields
- Courtnei Shortt
- Ty Sicurella
- Kevin Silvey
- Heather Simmons
- Kathy Sines
- Debby Sizemore
- Kate Smallwood
- Anna Smith
- Darrell Smith
- Mike Smith
- Tim Smith
- Deborah Sprunk
- Amy Spurlock
- Bryan Stafford
- Jo-Beth Stamm
- Austin Steffey
- Petra Stevenson
- Valerie Stewart
- Mary Stone
- Staci Stover
- Judy Street
- Linda Stroud
- Kendra Sublette
- Brett Sutphin
- Kenta Suzuki
- Kelli Swain
- Katie Tabit
- Rhonda Tabit
- Kathryn Tarleton
- India Tarlton-Krawczyk
- Sarah Terry
- Ann Thayer
- David Thompson
- Will Thornton
- Melinda Tieche
- Allonna Tilley
- Zachary Tilley
- Todd Twiggs
- Trey VanHoose
- Harold Vass
- Debbie Ventura
- Carol Wagner
- Cathy Wallace
- Angelia Wallen
- Tara Ward
- Lizzy Watts
- Lauren Weatherford
- Megan Weatherford
- Lee Webb
- Alyssa Wegner
- Tim Wegner
- Ryan Wheeler
- Brad White
- Taylor White
- Cynthia Whitlock
- Dixie Wickline
- Ryan Wines
- Laura Winn
- Bobbie Wisniewski
- Kimberly Wood
- Jennifer Wood
- Lisa Wood
- Blake Woodzell
- Jacki Wright
- Miranda Wright
- Zachary Wright
- Dave Wriston
- Mandy Wriston
- Stan Wriston
- Wayne Young
- Alyssa Zimmerman

FINANCIAL SUMMARY

2015 - 2023 FINANCIAL CHART

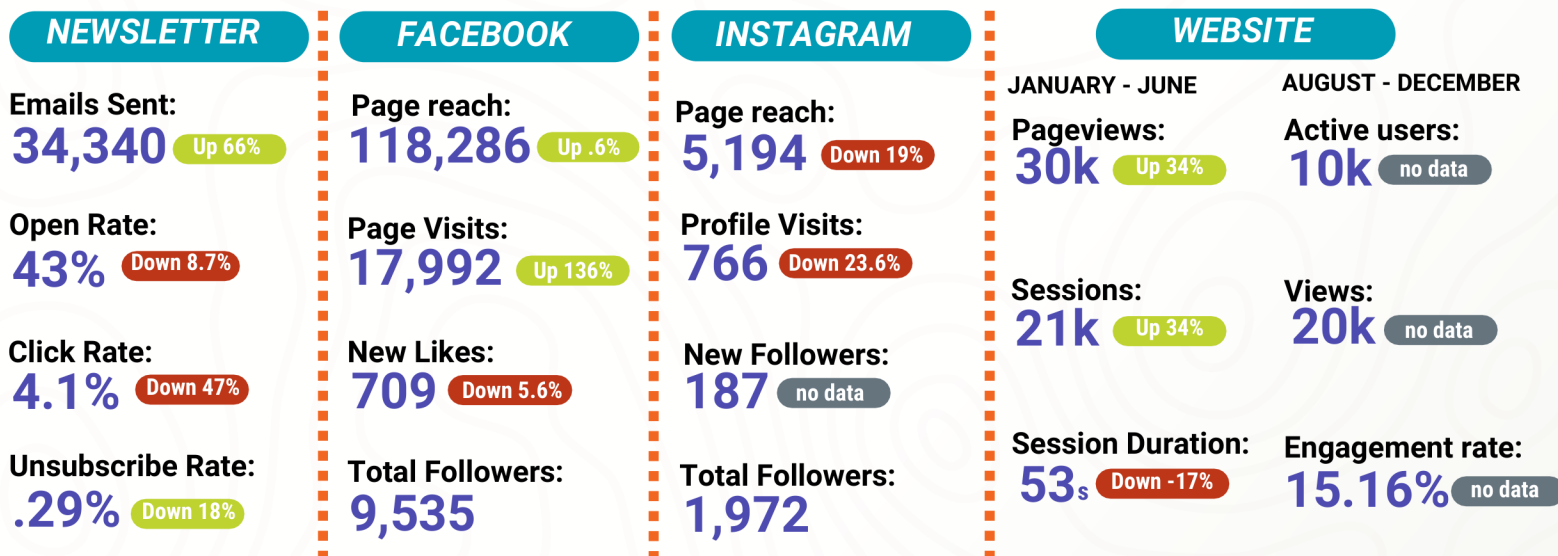
INCOME	2015	2016	2017	2018	2019	2020	2021	2022	2023
Business Contributions	\$1,150	\$3,636.68	\$11,448.65	\$16,141.30	\$10,145.41	\$9,464.68	\$3,495.74	\$17,907.16	\$24,421.21
Individual Contributions		\$36,731.92	\$3,826.69	\$12,579.60	\$10,067.99	\$2,671.98	\$2,823.02	\$11,409.02	\$8,429.70
Grants/Other Income	\$148,216.56	\$135,801.60	\$230,956.81	\$311,754.96	\$249,847.10	\$528,351.46	\$520,797.88	\$561,663.49	\$470,287.88
Investment Interest		\$1,030.12	\$4,638.95	\$2,245.18	\$21,965.84	\$12,575.58	\$25,019.91	(\$9,122.86)	\$45,875.62
Event Income		\$13,573.14	\$14,744.43	\$26,016.61	\$22,727.88	\$24,845.19	\$23,177.26	\$57,457.25	\$77,257.86
Total Funding	\$146,366.56	\$190,773.46	\$265,615.53	\$368,737.65	\$314,754.22	\$577,908.89	\$575,313.81	\$639,314.06	\$626,272.27
EXPENSES	2015	2016	2017	2018	2019	2020	2021	2022	2023
Organizational Operations	\$13,539.59	\$10,959.80	\$24,227.17	\$24,352.40	\$22,338.01	\$43,955.17	\$10,472.20	\$13,851.30	\$26,275.18
Volunteer Certifications	\$344	\$10,425.46	\$8,500	\$3,020.23	\$6,337.74	\$22,142.82	\$10,806.81	\$4,433.58	\$8,606.28
Program Operations	\$21,236.57	\$66,020.15	\$56,580.32	\$81,904.38	\$73,317.00	\$72,760.64	\$357,105.95	\$389,436.34	\$192,302.60
Payroll Expenses	\$43,832.72	\$87,410.50	\$96,884.53	\$129,041.74	\$200,717.28	\$196,973.35	\$206,926.89	\$263,001.65	\$300,146.86
Total Expenses	\$78,952.88	\$174,815.91	\$186,192.02	\$238,318.75	\$302,710.03	\$335,831.98	\$585,311.85	\$670,722.87	\$527,330.92
Revenue Less Expenses	\$67,413.68	\$15,957.55	\$79,423.51	\$130,418.90	\$12,044.19	\$242,076.91	(\$9,998.04)	(\$31,408.81)	\$98,941.35



OUR IMPACT

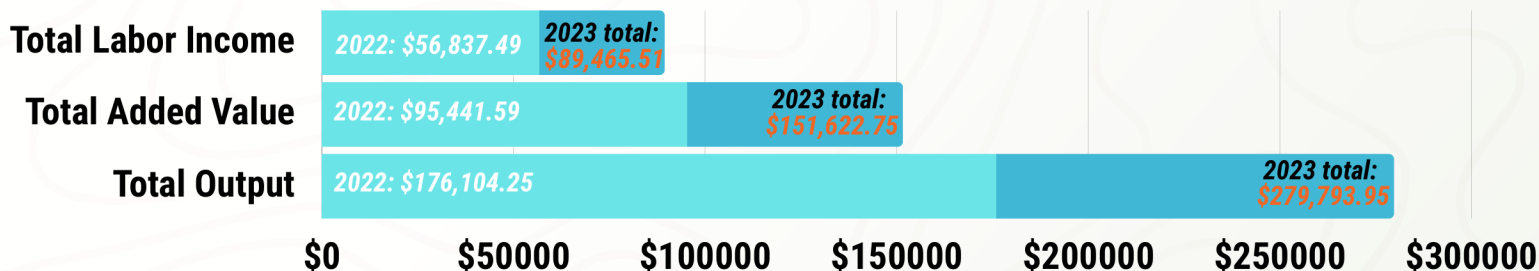
WEBSITE AND MEDIA

The numbers below reflect January 1, 2023 - December 31, 2023 as compared to the previous 12 month period (Jan 2022 - Dec 2022). Active SWV switched our website tracking host in August, so going forward we will have more comprehensive reporting. As a result, our website data for 2023 is split; January - July is through Wordpress, and August - December is through Google.



ECONOMIC IMPACT - RACE EVENTS

Active SWV worked with the National Park Service to calculate the economic contribution of our race events in 2023 (913 racers total). These racers supported \$279,793.95 in total economic output, which averages to \$217 per racer. This is an increase from 2022, when our 849 racers supported \$176,104.25 in economic output, which averages to \$165 per racer.



Labor Income includes employee wages, salaries and payroll benefits, as well as the incomes of proprietors that are supported by race participant (and their personal group) spending.





Value Added measures the contribution of race participant spending to the Gross Domestic Product (GDP) of a regional economy. Value added is equal to the difference between the amount an industry sells a product for and the production cost of the product.

Economic Output is a measure of the total estimated value of the production of goods and services supported by race participant spending. Economic output is the sum of all intermediate sales (business to business) and final demand (sales to consumers and exports).

OUR IMPACT

2023 IMPACT MAP

Throughout 2023, Active SWV had programs in a total of 39 counties between our three main program areas; Community Captains, Kids Run Clubs, and Workplace Wellness. At the mid-year mark of the year, we had programs in 27 counties, adding another 12 in the latter half of the year to arrive at that total. This map shows the concentration of our program areas, with the different colors representing number of active program areas.

-  Three Active SWV program areas represented
-  Two Active SWV program areas represented
-  One Active SWV program area represented
-  No Active SWV programs



STAFF & BOARD OF DIRECTORS

ACTIVE SWV STAFF



MELANIE SEILER
Executive Director



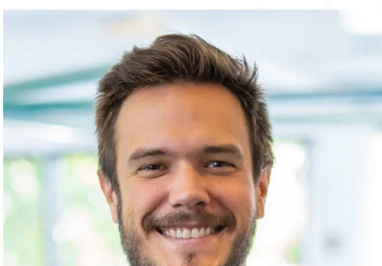
**INDIA TARLETON
KRAWCZYK**
Director of Operations



ELIZABETH RANEY
Community Captain
Director



KATE ARMENTROUT
Development Director



MICHAEL FISHER
Workplace Wellness
Director



**BRANDON
MEHLINGER**
Program Coordinator



LEAH CHESTER
AmeriCorps Volunteer
Coordinator



ADAM SCRUGGS
Financial Assistant

BOARD OF DIRECTORS

Executive Committee

Board Chair: **Cindy Whitlock** - New River Health Association and Fayette County Board of Education

Board Vice Chair/Treasurer: **Dave Bernier** - Assistant Director WVU Tech Adventure Recreation Management

Board Treasurer: **Debby Sizemore** - Retired Commercial Banker

Board Members

Austin Caperton - Appalachian Salmon Company

Jennifer Wood - WVU Tech University Executive Director University Relations

Eloise Elliott - WVU College of Applied Human Sciences School of Sport Sciences

Michelle Rotellini - Beckley Raleigh County Chamber of Commerce

Kay Bess - Community Volunteer, retired - Visit Southern West Virginia Tourism

Adam Stevens - Arrowhead Bike Farm

Larry Harrah - Harrah Law Firm

Gary Morefield - City of Beckley

Jenna Grayson - Business consultant

Lee Ann Belmont - WV American Water

Non-Voting Members

Bill Massey - Ex Officio Board Member, Active SWV Founder

Melanie Seiler - Executive Director, Active Southern West Virginia