

- *myWell-Being* Journey: "... when you have positive people in your life who encourage you, you try new things, and then you find more things you can do, and it snowballs."



Faces of *myWell-Being*: Lisa Ricords, Senior HR Specialist, 19 East GSS

- To read more about Lisa's *myWell-Being* story or to see her ballroom dancing video, go to myHR.hersheys.com > keyword search "Lisa Ricords."

Lisa Ricords, self-proclaimed "foodie," hitting the slopes at Killington, Vermont, and two of her culinary creations. Left: Spaghetti with roasted-tomato meat sauce and basil mint and pea pesto on a toasted baguette. Right: Lisa's homemade pizza crusts and assorted toppings (pepperoni for those with conventional taste).