



## **Brandon Graves, MS, CWP**

Director of Health & Wellness  
Transit Employees Health and Welfare Plan  
District Heights, Maryland

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Brandon Graves, MS, CWP serves as the Director of Health & Wellness for the Transit Employees Health and Welfare Plan, where he leads innovative strategies that promote employee well-being, workforce engagement, and population health. With more than a decade of experience in public health and health promotion, he has developed and implemented programs that improve health outcomes across the Washington, DC metropolitan region. In his current role, Brandon oversees the design, implementation, and evaluation of comprehensive wellness initiatives serving members of ATU Local 689 employed by the Washington Metropolitan Area Transit Authority (WMATA). He began his career with the organization as a Worksite Wellness Specialist supporting the 689 Moving Metro Wellness Program. Under his leadership, the program earned a Gold Award at the 2025 CareFirst Healthiest Businesses Awards for its commitment to employee health and well-being.

Brandon has also served as an adjunct professor at American University in Washington, DC, and Cambridge College in Boston, Massachusetts, teaching courses in organizational health, program planning and evaluation, and exercise science.

He holds a Bachelor of Science in Community Health from the University of Maryland, College Park, and a Master of Science in Health Promotion Management from American University. He is currently pursuing a Doctor of Public Health (DrPH) degree at Morgan State University. His professional credentials include Certified Wellness Practitioner (CWP), Mental Health First Aid (MHFA), Certified Personal Trainer (CPT), Certified Health Coach (CHC), and Fitness Nutrition Specialist (FNS).

Passionate about creating healthier workplaces and communities, Brandon is dedicated to advancing wellness through evidence-based programs, strategic partnerships, and innovative approaches that empower individuals to live healthier, more fulfilling lives.