



Mallory Rubek, M.S., MCHES

**Wellness Manager
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Mallory Rubek is the GatorCare wellness manager for UF Health at the University of Florida, overseeing all employee wellness programming for over 50,000 UF and UF Health employees. She received both her bachelor's and master's degrees in health education and behavior from the University of Florida. She has more than eight years of experience in the health and wellness field and a strong background in public speaking, program development, and leadership. Mallory has a unique background in not only worksite wellness but also recreational therapy and behavioral health. For two years, Mallory managed and facilitated therapeutic activities for behavioral health and substance use clients using a low and high ropes course. She has been a Certified Adult Mental Health First Aid instructor since 2018 and has taught over 55 courses to more than 680 individuals. She is also a Master Certified Health Education Specialist (MCHES). Mallory strongly believes in the power of behavior change techniques and strives to teach others how to make healthy lifestyle improvements.