

Evelyn Cordero is a Well-being Specialist in the Office of Well-being, Human Resources at Northwestern University. She received her MS in Health Communication from Northwestern, holds a BA in Community Health & Wellness from Northeastern Illinois University and an AAS in Dietetics from Harper College. She is grateful to be in a position to help support the well-being of her workplace community. A favored 'go-to' well-being practice is deep breathing.