



FOR IMMEDIATE RELEASE

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## **Crest wellness coordinator honored by statewide Mayors Wellness Campaign**

WILDWOOD CREST – An employee of the Wildwood Crest Recreation Department has received a major honor for her efforts in creating, leading and managing programs related to health and wellness.

Laura Farrall, the Borough of Wildwood Crest’s wellness coordinator, has been recognized by the New Jersey Mayors Wellness Campaign as its Champion of Health for the 2023 calendar year.



Farrall was recognized for her work in supporting Wildwood Crest’s successful Healthy Town designation for each of the last five years. In her work with the borough’s recreation department, Farrall helps organize the borough’s annual Health and Wellness Expo, teaches four adult fitness classes for residents each week, periodically publishes a wellness newsletter for borough employees, plans and promotes a diverse range of physical and mental health programming for residents and employees that features local health and wellness experts, organizes the borough’s extensive outdoor fitness class program in the summer months and much more.

“Laura has been at the forefront of Wildwood Crest’s efforts to improve the physical and mental health and wellness of its residents and employees,” Wildwood Crest Mayor Don Cabrera said. “She works tirelessly to bring fresh ideas to the borough through fitness classes, health and wellness seminars, published materials and much more. Much because of Laura’s work, Wildwood Crest has been able to gain recognition as a Healthy Town from the statewide Mayors Wellness Campaign, a designation the borough is very proud to have earned. I commend her for her work and am confident she will continue to do good things for the borough’s residents and employees in all areas related to health and wellness.”

Farrall has been an employee of the Wildwood Crest Recreation Department for nearly two decades, the last five of which she has spent in a full-time capacity.

“Laura’s passion for health and wellness is palpable to anyone who knows her,” the statewide Mayors Wellness Campaigns said in a press release announcing the award. “She constantly challenges herself to incorporate new ideas, expand the reach of the Mayors Wellness Campaign and support the changing needs of residents. ... Laura’s contributions to the Wildwood Crest Mayor’s Wellness Campaign help make the community a healthier place to live, work and play.”

Farrall has been a resident of Wildwood Crest since 1998. She holds a master’s degree in exercise science from California University of Pennsylvania and is a certified personal fitness trainer through the National Academy of Sports Medicine.

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