

# Wellness Champion

*Hello, My Name is*

*Sylvia Navarro*

*Chasco Elementary +  
Richey Elementary*

1. If you could go anywhere in the world on vacation, where would you go?

My dream destination is Italy.

2. What is your favorite dish?

My favorite dish is paella

3. Where are you the happiest?

I am happiest under a beach umbrella at Honeymoon Island

4. What is one thing in your bucket list?

Learn to tango with my husband

5. What's your favorite holiday?

Christmas

6. What motivates you?

Strive to be a better version of myself

7. What is your favorite way to spend your free time?

Sudoku puzzles

8. If you could instantly acquire one talent or ability, what would it be? Why?

Play an instrument because I can use it to relax or help improve my mood

9. What advice would you give to your younger self?

Put books before boys

10. What do you like about working in Wellness?

I like to encourage others to be more healthy

