

Spotlight On...



Helen Pimentel

Wellness Director
Waters Corporation

In 1998, Helen Pimentel joined the Human Resources department at Waters Corporation, a publicly traded liquid chromatography company headquartered in Milford, Massachusetts. Previously, she spent many years in the fitness industry, where she taught numerous classes in both health clubs and corporations. Her past experience also includes work in the nutrition industry, where she was involved in the preparation and promotion of foods in their natural state. As the wellness director, Helen has enthusiastically spent her time building Waters' wellness program to what it is today.

Helen is energetic and passionate about working out, eating the right foods, and being informed about health and wellness. She helps Waters' employees set realistic goals for weight loss, make exercise a priority, eat nutritious foods, and manage their stress levels. One might say she a bit 'militant' about food, purchasing only pure, organic foods for herself and her family. One of her children's favorites is brown rice and kale.

Setting an example is something she does on a daily basis at Waters -- exercising regularly, gathering and disseminating important wellness information, and eating the nutritious, carefully prepared food she bring from home. One of her top priorities at Waters is helping employees manage the stress they experience juggling multiple roles, whether it arises from parenting challenges, elder caregiving roles, financial issues, or simply managing day-to-day work and personal responsibilities.

Helen adopts a broad, strategic approach to employee health and wellness, using a wide variety of supports and resources, including regular work-life seminars. In describing her basic programmatic approach and the rationale behind the expenditure on work-life seminars, she says the following:

“It's not enough to motivate people to exercise and enlighten them about good nutrition. In our organization, total health includes an on-site wellness center, fitness reimbursement, massage therapy, personal training, a weight loss program, sports leagues and events, and other activities.

We find that the seminars provided by Programs for Working People serve as a very

important puzzle piece to complete the picture for a total wellness strategy. We seek to help our employees cope with the stress they experience managing their work and family lives. Just sitting quietly and listening to a professional is a de-stressor. The information is so useful, participants can, literally, walk away with specific techniques that they can put to use immediately. Our employees seek this information and come back again and again with their questions and concerns.”