



**Mallory Rubek, M.S., MCHES®**

**Wellness Manager  
UF Health  
Gainesville, Florida**

Mallory Rubek is the employee wellness manager for GatorCare at UF Health in Gainesville, Florida, where she leads the strategic direction and implementation of employee wellness initiatives for more than 50,000 UF and UF Health employees. Under her leadership, the GatorCare wellness team earned the Well Workplace Gold designation in 2024 from WELCOA (now the Wellness Alliance). Mallory holds both bachelor's and master's degrees in health education and behavior from the University of Florida and is a Master Certified Health Education Specialist. She is also a certified Adult Mental Health First Aid instructor. Since 2018, Mallory has trained over 800 individuals through more than 70 Mental Health First Aid courses. With over eight years of experience in the health and wellness field, Mallory brings expertise in program development, leadership, and public speaking. Her professional background spans worksite wellness, recreational therapy, and behavioral health. She previously managed therapeutic programming for individuals with behavioral health and substance use disorders, utilizing a low and high ropes course and team-building activities to support recovery and growth. Mallory is passionate about experiential learning and believes in the power of team-based activities to foster personal growth, strengthen workplace culture, and inspire meaningful behavior change. Her personal involvement in Gainesville community theater and musical productions complements this passion, demonstrating immersive, hands-on learning through collaboration, creativity, and real-time feedback—skills she brings into her professional work to create engaging, impactful experiences.