



Ana Agud, M.P.H.

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Ana Agud has worked in the health and wellness industry for nearly 20 years and is currently employed by Virginia Polytechnic Institute and State University (Virginia Tech) as manager, work/life program for the employee wellness program. She is a certified Koru Mindfulness instructor and has been teaching the program for nearly five years. Agud teaches four to five programs yearly to employees and students. In addition to those programs, she also provides mindfulness/meditation programs to specific groups on campus upon request. Agud has a bachelor of science degree in business administration from Christopher Newport College and a master's degree in public health from Virginia Tech.