

MEET THE DHR WELLNESS TEAM

CONTACT US AT WELLNESS@BALTIMORECITY.GOV



RAJESH GULHAR

CHIEF OF EMPLOYEE BENEFITS

Rajesh joined the City of Baltimore's Department of Human Resources ("DHR") May 2016. Ray strongly believes in health and wellness. Because health is a state of complete physical, mental, spiritual, intellectual, and social well-being. It is also an expression of gratitude towards each other.



LISA HANDY

**HEALTH AND WELLNESS
MANAGER**

Lisa joined the City of Baltimore in October 2020 with 30 years' experience in employee benefits. Lisa is very focused on the health and wellness of our employees, retirees and dependents.



KAREN FIORENZA

**NUTRITION EDUCATION
SPECIALIST**

Karen is a Registered Dietitian Nutritionist and Certified Health Education Specialist. She holds a Master of Public Health degree and has 20+ years of experience in the Nutrition Education and Wellness Promotion field. Karen is committed to assisting our City of Baltimore family make sustainable positive changes.



KAYE V. LOVE

**WELLNESS PROGRAM COORDINATOR
& TOBACCO TREATMENT SPECIALIST**

Kaye is a Nationally Certified Tobacco Treatment Specialist that has been with DHR since 2018. She has 11 years' experience helping hundreds of Baltimore residents and employees change their lives by becoming a non-smoker. She is a passionate advocate for diversity, equity and inclusion in health and wellness programming.



ASHLEY FRIED

WELLNESS TEAM MEMBER

Ashley is a wellbeing team member and has been working closely with the DHR wellness team and the City of Baltimore to develop/enhance the wellness program and strategy to further the health of the employees.

