Todd Landreneau is a relatively new program manager in the County’s Health and Hospital’s Information Services Department. In 2014, he came to the county with over two decades of experience in the health care field having academic and professional training in Healthcare Administration and Gerontology. Todd’s professional experience has also included psychotherapy.

Healthcare seemed a perfect fit for Todd as he has a lifelong interest in good health and well-being. The roots of his lifestyle are based on a holistic approach to health and well-being by being mindful of both his beliefs and principles, but also of his physical well-being. Having expertise and experience in gerontology has made him very aware that good health and well-being are finite.

Todd has been a vegetarian since age 5 and practices healthful lifestyle choices. He eats in ways that support his efforts to remain engaged and productive both at home and at work. While breakfast and dinner are plentiful, he intentionally eats a modest lunch because this practice is tailored to how he functions best to operate at an optimal rate.

In addition to meditating daily and practicing flow yoga three times a week, Todd also finds ways to stay active throughout the workday such as taking the stairs versus elevators.

Todd’s outlook on life, and good health, is based on being mindful of how health outcomes are affected by poor health practices, lack of social connections and stress. In order to be fully present, aware and engaged with others, he is aware that he has to take care of himself. He is continuously mindful of how he responds to internal and external stressors and how this impacts others; professionally and personally. His goal in each interaction is to have the person or persons feel respected and heard. As he shared “we are all here to meet goals”.

Finally, Todd shares that he participates in a gardening group. He is involved in mentoring and coaching students and also works with non-profit organizations to serve communities at risk in the world.

Do you or a county employee you know have an inspirational story to tell? If so, please email us at wellness@ewd.sccgov.org