

**Name:** Marla Velky-Reger, LCSW-R

**First Appointed:** November 2020

**Term Expires:** December 2027

**Profession/Day Job:**

- Licensed clinical social worker in private practice in Cazenovia
- Mental Health Consultant for Cazenovia Central Schools
- Co-owner Cazenovia Community Fitness - a 24-hour fitness club



**Relevant Degrees/Life Experience/Volunteer Activities:**

- BA from SUNY Geneseo
- MSW from Syracuse University
- Madison County Youth Bureau Board Member
- Madison County Rural Health Council Board Member
- Certified Personal Trainer
- Yoga Teacher

**Health Philosophy:**

I am passionate about the connection between our physical and mental health. In my work, I am seeking to reduce mental health stigma and normalize obtaining services and support for mental wellness. I believe that my participation on the Madison County Board of Health can bring a voice to raise awareness and address the mental health needs in our community.