



Theresa Okeh, MPA
Chief Community Liaison

As a seasoned public service professional with a steadfast commitment to health and wellness, I am honored to express my joining the Executive Board of the Shiloh City of Peace Foundation Inc. through the Just Ask 4 Wellness mission as a Community Liaison.

My journey in service and leadership began in 2001 at Metropolitan College of New York, where I earned a Bachelor's degree in Professional Studies and later pursued a Master's in Management Administration with a focus on Homeland Security. Complementing my academic foundation, I completed a certified Military Academy Seminar, which deepened my expertise in emergency and crisis management.

For 14 years, I served as a New York City Hospital Police Officer, where I gained invaluable experience in human services and community care. This role provided me with a unique perspective on the transformative power of health and wellness initiatives—not only for individuals but for entire communities. I believe that every person has the right to choose a path that fulfills their personal aspirations while also contributing to the greater good of society.

Just Ask 4 Wellness aligns seamlessly with my vision of a world where the integration of mind, body, and spirit is central to the pursuit of holistic well-being. Our mission is to empower individuals and communities with the knowledge and tools necessary to make informed health choices, fostering a culture of self-empowerment, restorative living, and sustained wellness.

Leveraging my background in case management and crisis response, I aim to develop incentive-based outreach programs that inspire positive lifestyle changes. These initiatives will be grounded in evidence-based practices and the latest research in health promotion and behavior change.

I am deeply committed to building strong, collaborative partnerships with diverse stakeholders—including healthcare providers, community organizations, and local leaders—to address health disparities and promote inclusivity in wellness efforts. My goal is to cultivate a robust support network that encourages individuals from all backgrounds to embrace their health journey with confidence and purpose.