



2008
William M. Kizer
Light of Wellness
Joan Eckerson

Creighton University Department: Exercise Science

Joan has been the chairperson for the Creighton Wellness Council for the past six years, but has been a member for over 10 years. She was instrumental in her diligence of obtaining and submitting the materials in order for Creighton to receive its first Well Workplace Gold Award in 2002, and again in 2005. She has championed wellness on campus through her Wellness Council leadership and enthusiasm and through encouraging her colleagues in the Exercise Science Department to join the cause.

Joan has been the driving force with her perseverance over several years to hire a University wellness coordinator. She researched different agencies and with the support of Human Resources and the President's Cabinet, Creighton was able to contract with **HealthBreak** for a three-year period for a wellness program and coordinator beginning in 2005/06 fiscal year.

Joan has been a supporter for the selection of the SimplyWell program in conjunction with the Target Five evaluation of Creighton employee health concerns. SimplyWell is now tied to the University wellness programs. She continues to be an advocate for a healthy workplace through the use of Health Risk Assessments for employees linked to employee health care participation and premiums.

Joan received full professorship status in May of 2007 in the Department of Exercise Science which shows her dedication to her discipline and to her students. ***Congratulations Joan!***

**The Wellness Council gladly recommends Joan Eckerson
for the
2008 William M. Kizer Light of Wellness Award.**

