



Meet Wellness Champion Jordan Niemeier

Jordan Niemeier works at Ivy Tech and takes classes for the BOAT program online. She wants to be a wellness champion to improve her health and get inspired to make healthy choices. When she's not working on anything Ivy Tech related, you can find her reading and working on her blog and podcast, [the_Royal_Presidency](#).



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Meet Wellness Champion Delanie Simmons

Delanie is a Certified Yoga Instructor and currently enrolled at Ivy Tech to become a Certified Massage Therapist. She was diagnosed with Multiple Sclerosis in 2018 and was living an unhealthy lifestyle. She did some deep soul searching in order to accept her diagnosis of a chronic, sometimes debilitating disease. Delanie realized very quickly if she didn't change her lifestyle and add exercise, good nutrition, and spiritual balance to her life, she might take a turn for the worse and become handicapped or even blind due to the nature of this disease. Lifestyle wellness is Delanie's passion and she wants to help others with their overall health which is why she wants to be a Wellness Champion.



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Meet Wellness Champion Marla Dupont



Marla is currently working on a second associates degree in Liberal Arts at Ivy Tech, after already completing a degree in in Human Services. Marla works at the Ivy Tech Carter Library as a Lab Tech. She wants to be a Wellness Champion to live a healthier lifestyle, physically, emotionally, and spiritually. In addition, Marla would like to help others live a long and healthy lifestyle. She is also a writer and is currently working on a novel.



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Meet Wellness Champion Andrea Wigginton



Andrea is a married mother of 4, who is studying business administration here at Ivy Tech. She has hopes of furthering her education by receiving a bachelor's degree in marketing. Andrea wants to be a Wellness Champion because she knows what it feels like to be unwell, and would like to motivate people to be active in their own wellness. She believes everyone should be able to live their best life!



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Meet Wellness Champion LaDawn McGinnis

LaDawn is a pre-nursing major at Ivy Tech Evansville. When she's not studying, she loves to run, workout, create art, and read. Being chosen as one of Ivy Tech's first Wellness Champions is exciting to LaDawn as she is passionate about staying on top of her physical health. She thinks everyone should be exceptionally proactive about their spiritual and mental health as well. When the latter two fall to the wayside, it can be challenging to stay on top of all other aspects of wellness. According to LaDawn, "Being consistently mindful and grateful is a super important, positive daily practice that can change your entire life. I'm so happy to be here, to remind you to take care of that big, beautiful brain and soul of yours!"



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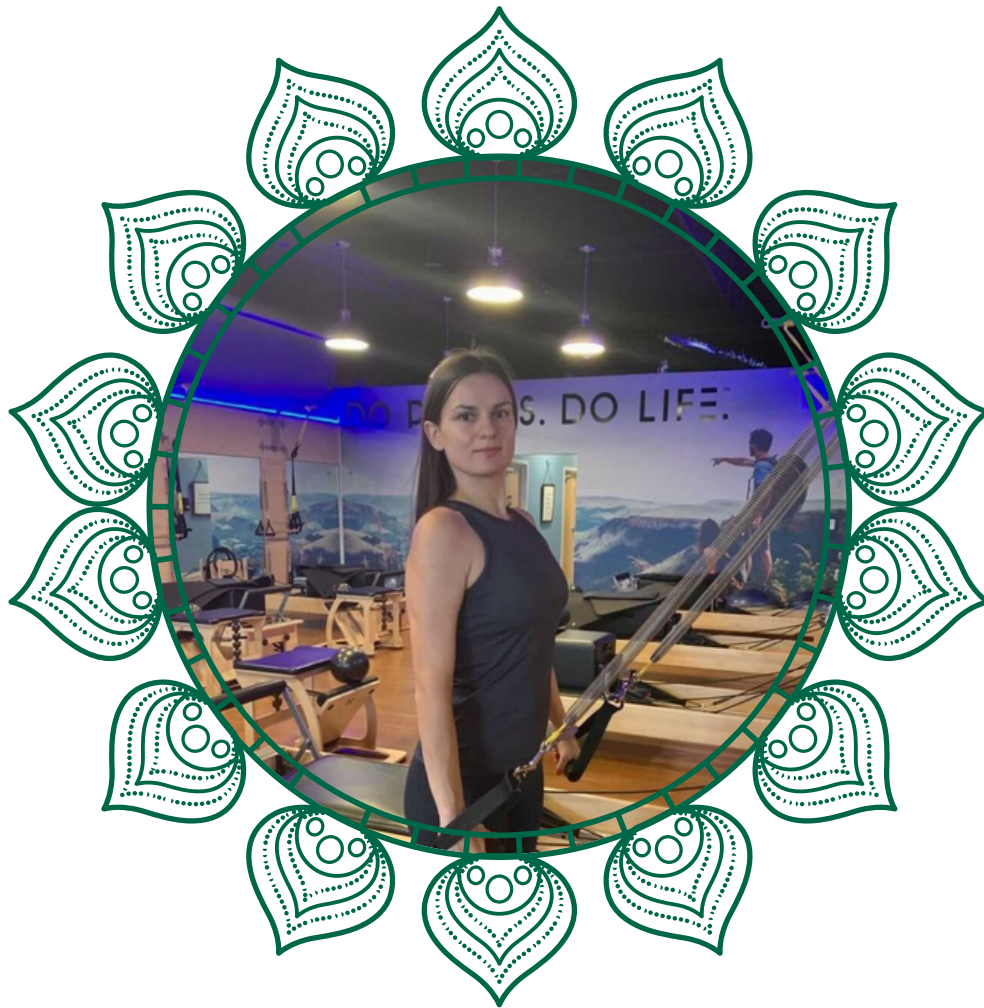
Meet Wellness Champion Rachel Dudley

Rachel is a single mom to three kids, who you see pictured here. She's currently working on her associate's degree in Human Services and General Studies. Rachel wants to be a Wellness Champion because she wants to better her life for her children, not only physically but also mentally. Rachel enjoys participating in many wellness activities provided at Ivy Tech including walks and Wellness in the Park events.



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Meet Wellness Champion Yulia Adynets

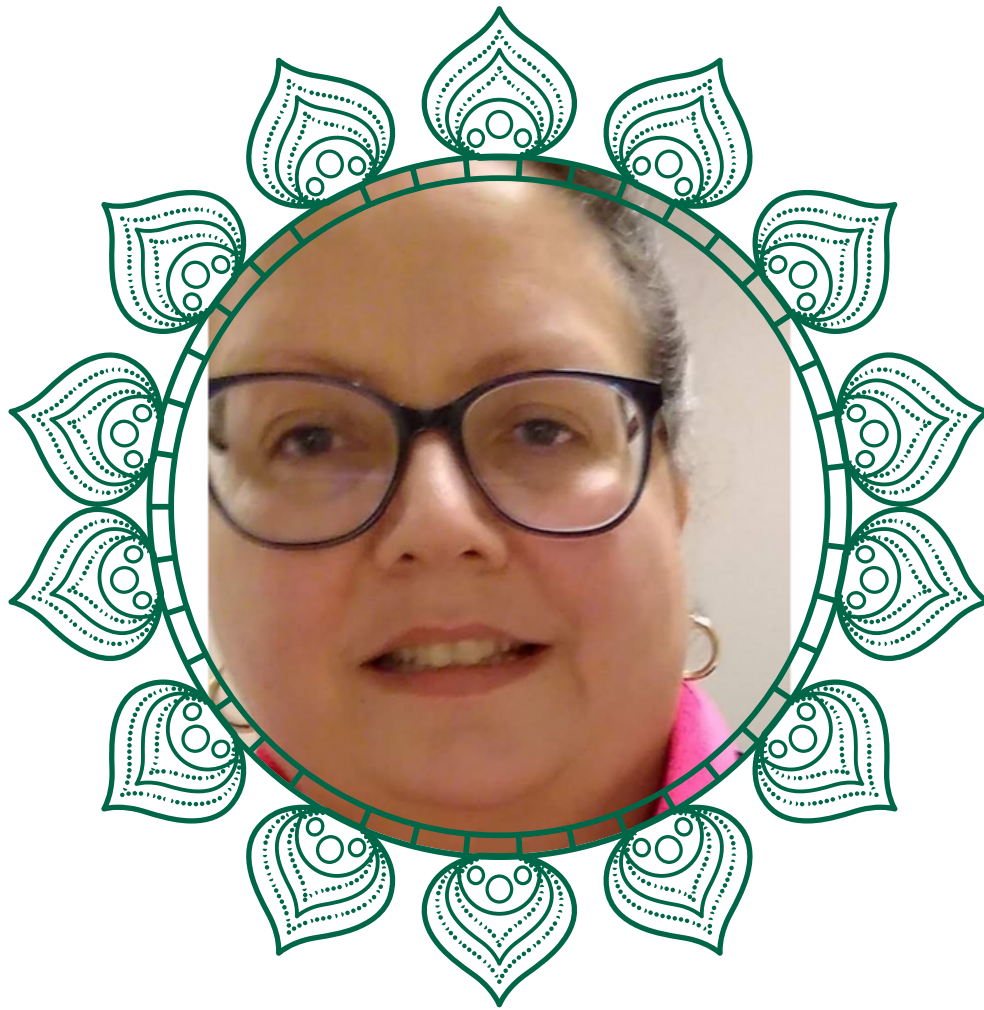


Yulia and her family moved to Evansville in June 2019. She enrolled in the nursing program in August 2019, two weeks after having her second child. It was not easy for her in the beginning, but hard work pays off. This year she was invited to become a member of Phi Theta Kappa at Ivy Tech Evansville. Healthy lifestyle and fitness have always been a big part of Yulia's life. She was a yoga and Pilates teacher in Belarus (her country of origin), she recently completed Club Pilates Teacher Training and is now teaching here in Evansville.



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Meet Wellness Champion Dana Schoenbaechler



Dana has been a part of Ivy Tech's Business Affairs Office for 10 years. She has a passion for service and a heart of gratitude. Dana believes that self-care starts with recognizing your personal needs and strengths, and that taking time for self-care is a worthy practice. She is currently learning the importance of self-care and reducing stress. As a Wellness Champion, she will be participating along with others to strengthen her body, mind and soul while finding peace and clarity.



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Meet Wellness Champion Japhia Burrell

Japhia is the Dean of Health Sciences and Program Chair for the Therapeutic Massage program at Ivy Tech. She started out her career in health and wellness as a Registered Nurse. However, her desire to provide holistic care to her patients led her to pursue certification as a massage therapist, where she has found her true calling. Japhia is also certified as a personal trainer and is currently pursuing additional training as a women's fitness specialist. As a wellness champion she hopes to inspire others to make their personal well-being a priority.



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Meet Wellness Champion Scott McCain

Scott is currently studying to become a Registered Nurse and transfer as a Junior to the University of Evansville for his BSN and Doctor of Nurse Anesthesia. As it did with most people, the COVID-19 pandemic encouraged Scott to become complacent and thus gaining weight back. With the help and encouragement of his family, he is getting back on the 'saddle' and becoming a healthier and more spiritually-minded student after graduating from Indiana University.



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Meet Wellness Champion Kenzie Baber

Kenzie is a business administration professional, both an alumni and employee of Ivy Tech. When she's not helping students at the Business Affairs Office, she is caring for her two young children. Wellness has special meaning for Kenzie due to fibromyalgia; being mindful of the mind and the body are extra important for her to keep up every day. For her, a good book and time to paint are just as important as a daily stroll about campus and a good cup of tea.



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Meet Wellness Champion Patricia Watkins

Patricia is the Mental Health Therapist with Ivy Tech Community College. Her background is in Clinical Social Work and she has over 18 years of experience. Patricia has enjoyed working with people as young as 1 years old up to mature adults. Her desire is to help everyone that she works with to be the greatest versions of themselves. Patricia loves to spend time with her family, eat good food, and travel. Patricia understands that our mental health and our physical health affect each other and when we are not feeling well physically, it also affects how we feel emotionally. Patricia's goal for being a Wellness Champion is to improve her own physical health and emotional wellbeing and to help encourage and motivate others to do the same.



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Meet Wellness Champion ReAnne May

ReAnne is a Financial Aid Advisor at Ivy Tech and is working on her MBA at the University of Southern Indiana. Outside of work, she enjoys reading a good book and spending time with her family (including three cats). ReAnne is looking forward to learning from her fellow Wellness Champions, and building on her own wellness journey, specifically when it comes to physical and emotional wellness. She is excited to be a positive force on campus and to help others on their own wellness journeys.



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Meet Wellness Champion Deb Schaefer

Debbie is the Office Coordinator for the Apprenticeship Program at Ivy Tech. After adding a few pounds from COVID 19 shutdown, Debbie decided to start working out daily and eat healthier. Debbie now feels better, more energetic, and has lost the COVID weight. She has a few workout buddies to keep her accountable and help pass the time in the gym. Outside of work she enjoys painting and refinishing furniture. Her five Grandkids keep her busy and she loves every minute of it!



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Meet Wellness Champion Megan Durre

Megan is an Early Childhood Education major here at Ivy Tech Evansville. In her free time, she enjoys being outside and volunteering for events in and outside of school because she loves to help others. She chose to be a Wellness Champion because she wants to build up her strength in her upper body and she hopes to encourage others to do it as well.



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Meet Wellness Champion Keturah Howard

Keturah has been at Ivy Tech for 27+ years. Previously, she exercised regularly and pursued ways to fit extra movement into her days. Then, everything came to a halt due to some major life setbacks. Now, she's ready to get back to it. She became a Wellness Champion because she wants to live a more balanced life. Being a Wellness Champion will also help her continue to take consistent steps to be healthier physically and spiritually. She desires to inspire people to love and enjoy their own personal journey, no matter their age or stage in life!



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Meet Wellness Champion Sage Hawkins

Sage Hawkins is all about helping people which is why she studies Human Services and Psychology with plans to graduate December 2022. She is an intern in the Lamkin Center for Learning and Student Success and she is part of our new Active Minds Chapter on campus which is a student-led group supporting mental health and wellbeing. Sage is a go-getter. She doesn't let anything stop her. She is what being a Wellness Champion is all about!



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Meet Wellness Champion Cordell Chenault

Cordell is an employee and student here at Ivy Tech. After being at his most unhealthy earlier this year, he decided it was time to make all forms of wellness a priority. While still learning how to better accomplish this and work it into daily life in as many ways as possible, he is quite passionate about encouraging and supporting others in their endeavors to build and maintain healthy habits.



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Meet Wellness Champion Andrea Grillo

Andrea has been the CNA/QMA Director at Ivy Tech since 2016. Before she started teaching, she was a board-certified mental health nurse in an acute care psychiatric hospital. She worked for Deaconess Hospital as a registered nurse for twelve years on various units. She is passionate about promoting healthy and stable living to her students. Andrea is married with two wonderful daughters and a cute therapy Yorkie Poo dog named Sophie.



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Meet Wellness Champion Justin Spath



Justin is the campus HR Executive Director and joined the Ivy Tech team in 2022. Despite being in charge of benefits and wellness programs at multiple jobs, Justin admits to not focusing on his own wellness. But at a previous job, Justin took part in a healthy eating challenge, saw the significant improvement in his health, and kept going, losing over 130 lbs. Diagnosis with a medical condition a few years ago helped him develop a real passion for wellness. Justin is looking to help others with their wellness journey as a Wellness Champion.



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Meet Wellness Champion Billie Ogle

Billie has been with Ivy Tech since Summer of 2019. She is now the Administrative Assistant of the School of Health Sciences. She will be graduating in May with her Associate's of Business Administration. Billie shared that she wants to be more balanced and help others. She has two sons, two grandchildren, and five fur babies.



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Meet Wellness Champion Joel Fralick



Joel Fralick is a nursing student and a returning adult learner who decided to pursue a career in nursing after realizing the importance of service to others. Joel loves volunteering having served with Americorps and serves on the committee for the Evansville Walk/Run for St. Jude Children's Research Hospital. He looks forward to one day working in mental health, and is striving to enhance his personal wellness in order to better advocate for his future patients.



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Meet Wellness Champion Gloria Coons



Gloria has been with Ivy Tech for 16 years as the full-time Administrative Assistant for the School of Advanced Manufacturing. When not at work, Gloria loves to spend time with her grandkids, paint seascapes, and work in her garden. Gloria is excited to become a Wellness Champion and strives to encourage and support others on their health journey as she recommits to her own healthy habits.



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Meet Wellness Champion Nancy Lasher

Nancy is an adjunct instructor for Adult Basic Education at Ivy Tech. She is also a Reiki Master, Master EFT/TFT Tapping Practitioner and currently studying to obtain her Naturopathic Certification and Guided Meditation Facilitator Certification. She started her wellness journey when her daughter was diagnosed with Alpha-Gal (tick disease). Nancy is excited to not only be able to have mental, spiritual, and physical balance back into her life, but also have the opportunity to help others find that balance.



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Meet Wellness Champion Carly Topper



Carly Topper works in the Ivy Tech Wellness Center part-time and is a full-time student in the field of psychology. She wants to be a Wellness Champion to improve her overall health. When she is not at school or work, where she spends most of her time, she is reading (not for school!) or spending time with family.



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