

# Meet the Staff

## AMY LUTZEL, IVY TECH EVANSVILLE WELLNESS MANAGER



Amy developed a passion for wellness after she experienced many years of health issues. Taking care of herself through exercise, healthy eating, and reducing stress, is what led her to a career in wellness. She decided she wanted to help others learn the benefits of a healthy lifestyle.

Amy has been the Wellness Manager at Ivy Tech since 2013. She previously worked as a Health Advocate and Personal Trainer at Ascension St. Vincent Hospital.

Amy graduated from USI in 1996 with two Bachelor's degrees and received her Master in Education degree through the University of Missouri's School of Education and Counseling Psychology Student Learning and Wellbeing program. Amy is a certified Health & Wellness Coach and received her personal training certification through the American College of Sports Medicine. She is also an ACE Certified Nutrition Specialist.

Amy has a background in mental health and is certified in Adult and Youth Mental Health First Aid, completed ASIST (Applied Suicide Intervention Skills Training), and is a Certified QPR (Question-Persuade-Refer) Instructor. Amy was proudly selected as the 2021 recipient of the Individual Award in Health & Social Services for Leadership Everyone's Celebration of Leadership and was a nominee in 2018.

When Amy isn't exercising, she has served as an advisor for the Active Minds Chapter (mental health group) on campus. She previously served on the Staff Council. She also volunteers for several organizations including the Ascension St. Vincent's No One Dies Alone program. In 2011, Amy ran in the Marathon for the Cure in Washington, D.C. and raised over \$6,200 towards breast cancer research. Her mother, who passed away from breast cancer, was her inspiration for doing this. Amy loves to travel and spend time with her daughter and her pets. She adores animals and even started a pet therapy program at Ivy Tech called Paws 'N Relax to help students manage stress and anxiety during final exams. She also created a Relaxation Lounge with a variety of coping tools to assist students and employees. Ask Amy how you can be involved by becoming a Wellness Champion on campus.

“Here at Ivy Tech, we are more than just a Fitness Center. We believe in treating the body as a whole and working on body, mind, and spirit. We have programs that focus on fitness, nutrition, and stress management. We want to help you live a long, happy, and healthy life.” If you have any questions about the wellness programs at Ivy Tech Evansville, you can contact Amy at (812) 429-0582 or at [alutzel@ivytech.edu](mailto:alutzel@ivytech.edu).

## JENNY LAMAR, WELLNESS ASSISTANT



Jenny initially began practicing wellness through influence from Occupational Therapy faculty. Years later at the Wellness Center, she was encouraged to incorporate a healthy diet, exercise, meditation, and live a balanced life. She believes an ounce of prevention is worth a pound of cure.

Jenny first came to Ivy Tech as a student and obtained certificates in Outpatient Insurance Coding in 2014 and Dementia Care in 2020. She was previously employed at Ivy Tech in Business Affairs and the Registrar's Office and previously served on the Staff Council.

Jenny enjoys singing, hiking, camping, gardening, and spending time with family and friends. She is a nature enthusiast, a Reiki Master Teacher, and certified in Adult CPR/AED. She and her husband host holistic events on their woodland property and coteach Reiki courses.

Jenny will be leading orientations at the Wellness Center to demonstrate how to use equipment. She plans to offer free Reiki sessions for students and employees. Please contact Jenny at [jlamar18@ivytech.edu](mailto:jlamar18@ivytech.edu) if you have questions



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