



Julie Palmer
Park Ridge Hospital
Wellness Coordinator

Julie Palmer is the Wellness Coordinator on the Park Ridge Wellness Team. She is an ACSM certified personal trainer and Intrinsic Coach. Julie empowers the employees at Park Ridge Health to engage in better health through a variety of programming and gentle culture change. She has been with Park Ridge for five years and has spent much of that time coaching individuals in disease prevention and improved health. Today Ms. Palmer will share with you the principals of Wellness in the Work Place, why it is imperative in today's society and how to begin your program making sure to reach the needs of your specific demographics.