



**Lakesha Ladell,
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**Wellness Program Manager
JPS Health Network
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Lakesha Ladell is a dedicated wellness program manager at JPS Health Network in Fort Worth, Texas, with 30 years of experience in corporate health and wellness. Committed to improving employee health, Lakesha specializes in implementing wellness strategies that inspire individuals to lead healthier lives. An NWI (now Wellness Alliance) Certified Wellness Practitioner and Wellness Worksite Specialist, Lakesha has held various positions throughout her career, including health & wellness consultant, wellness program administrator, certified wellness program coordinator, health coach, client engagement manager, and fitness manager. Her diverse expertise has enabled her to develop award-winning wellness programs that enhance employee engagement and address critical health risk factors. Lakesha is passionate about helping others improve their overall well-being and finds fulfillment in hearing testimonies from individuals whose lives have been positively transformed by wellness initiatives. These success stories motivate her to continue fostering a culture of health and well-being within the workplace. Outside of her professional life, Lakesha enjoys traveling with family and friends, exploring new destinations, and creating cherished memories.