



University Summit 2025

SPEAKER BIOS

Janet Bezner, PT, DPT, PhD, FAPTA

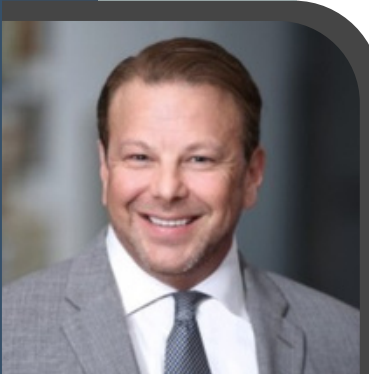
Texas State University, College of Health Professions



Dr. Janet Bezner is professor and chair of the Department of Physical Therapy at Texas State University. She received a bachelor's degree in physical therapy at the University of Texas Medical Branch, a master's degree from Texas Woman's University, a PhD in health education from the University of Texas, and a DPT degree from Rocky Mountain University of Health Professions. Janet is a national board-certified health and wellness coach and is a member of the employee wellness program, WellCats, leadership team at Texas State.

Dane Friend, JD

Baylor College of Medicine



Dane Friend, JD, is the chief human resources and well-being officer at Baylor College of Medicine (BCM). For over 20 years, he has embraced the BCM mission to improve human health in all that he oversees. Friend has been an influential stakeholder of BCM's well-being program since its inception in 2014 and led its expansion as the centralized well-being function. Through his leadership, BCM has established a best-in-class well-being program, winning numerous awards including the C. Everett Koop National Health Award (2019) and in the nation's Healthiest 100 ranking since 2015. Friend models well-being at every level, including as a cyclist raising money for the National Multiple Sclerosis Society. In 2023, Dane received HERO's Jerry Noyce Executive Health Champion Award.

Lara Hilton, PhD, MPH

University of Southern California



Dr. Lara Hilton brings 15 years of experience in healthcare research (RAND Corporation) and consulting (Deloitte). She aims to improve processes and performance to deliver evidence-based, effective, and efficient programs. As a leader at University of Southern California, Dr. Hilton designed and implemented a new innovative employee wellness program, integrating work-life, employee assistance and health and well-being programs. At USC, she creates strategies that drive individual and organizational change, aiming to create and sustain a culture of health at USC.

Annie Laurie Cadmus, MEd

Ohio University



Annie Laurie Cadmus serves as the Associate Director of Healthy OHIO at Ohio University, where she leads strategic wellness initiatives that support employee well-being across the institution. Her responsibilities include managing biometric health screenings, overseeing the Personify Health contract, facilitating and marketing cohort-based wellness programming and coordinating wellness champion networks. Annie Laurie also leads efforts in website management, incentive administration and data-driven needs assessment and benchmarking.

With a strong foundation in behavior change and well-being leadership, Annie Laurie holds certifications as a Well-Being Leader through OWLS and a Behavior Change Specialist through ACE. Her career spans sustainability and student engagement, having previously served as Director of Sustainability at Ohio University, Sustainability Coordinator at Waubonsee Community College and Director of Student Programming at Green Mountain College.

Annie Laurie currently serves as Vice President of the Healthy Business Council of Ohio, where she contributes to statewide efforts to promote workplace health. Her work is grounded in a commitment to equity, resilience and community-centered wellness strategies.

Kevin R. McClure, PhD

University of North Carolina Wilmington



Dr. Kevin R. McClure is a Professor of Higher Education and Chair of the Department of Educational Leadership at the University of North Carolina Wilmington. He also serves as Co-Director of the Alliance for Research on Regional Colleges.

Dr. McClure is a distinguished scholar of college leadership and organizational change. A renowned public scholar, he has most recently served as a regular columnist at The Chronicle of Higher Education.

Dr. McClure's best-selling book, *The Caring University: Reimagining the Higher Education Workplace after the Great Resignation*, was released with Johns Hopkins University Press in 2025.

Lindsey Menge, MS, RD, LD

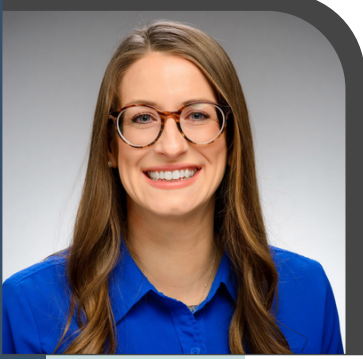
Texas State University



Lindsey Menge is an Assistant Professor of Instruction and the Dietetic Internship Director in the Nutrition and Foods Program in the School of Family and Consumer Sciences at Texas State University. She is also a Registered and Licensed Dietitian with a private practice specializing in oncology nutrition. She serves on the Leadership Team of WellCats, Texas State University's employee wellness program, where she oversees nutrition programming and research efforts investigating the food environment for employees at the university, with the aim of improving healthfulness of worksite settings. She has co-authored a number of scientific articles and presented her research at national conferences. Her personal and professional mission is to help others find freedom and confidence in their food decisions to fully thrive in their overall health and well-being.

Rachel Otwinowski

University of Notre Dame



Rachel Otwinowski is the Director of Benefits & Well-Being at the University of Notre Dame. She has been with the University for 12 years, and she has spent her entire career working in human resources and employee benefits. Rachel has a passion for all things well-being, including supporting families and caregivers. She enjoys spending time with her family, taking walks, reading, and being active in her community. Rachel lives in New Carlisle, IN with her husband and their two sons.

Jennifer Posa, PhD, MS



Dr. Jennifer Posa is an organizational psychologist whose efforts have been recognized by the Wall Street Journal and The New Yorker and featured on multiple podcasts highlighting the importance of workforce wellbeing to achieve peak performance. As a well-known thought leader in the areas of organizational support, psychological wellbeing, and workplace cultures, Dr. Posa has worked collaboratively with countless organizations to drive innovation, advancing the business application of wellbeing strategies to support high performance. Strongly committed to evidence-based approaches, she has been a catalyst for transformation while leading and advancing research agendas, measurement frameworks, and service models to meet today's challenges in some of the most demanding environments.

Prior to joining the CIA, Dr. Posa held multiple leadership positions with Johnson & Johnson including Global Head of Employee Mental Wellbeing & Workplace Effectiveness, responsible for mental health and wellbeing of 140,000 employees across 77 countries. Before joining Johnson & Johnson, Dr. Posa spent 17 years at Mayo Clinic in multiple business and strategy development roles focused on developing corporate cultures of health.

Dr. Posa holds a B.A. in Psychology from Denison University, an M.S. in Health Fitness Management from American University, and a Ph.D. in Organizational Psychology from Capella University.

Tiffany Shockley, PhD, MBA, CPHIMS

Queens University of Charlotte



Dr. Tiffany Shockley is an accomplished public health scholar, educator, and program coordinator with expertise in digital health, health equity, and health information technology. She serves as Associate Professor and Program Coordinator at Queens University of Charlotte, where she has led the creation of innovative offerings such as the “Concepts in Digital Health” course and a Spanish for Health Professions track. As the Global Social Determinants of Health (SDOH) Liaison for HIMSS, Dr. Shockley actively shapes international conversations around equity and digital transformation in healthcare. With over two decades of experience, she is a sought-after speaker, curriculum designer, and advocate for empowering faculty and communities through health innovation.

Kelcey Stratton, PhD

University of Michigan



Dr. Kelcey Stratton serves as the Chief Behavioral Health Strategist at the University of Michigan and is a Clinical Assistant Professor in Psychiatry at the University of Michigan Medical School. Her career has focused on “helping the helpers,” and she has provided mental health support for military veterans, healthcare workers, educators, and international volunteers. In her current role, she works with partners across the institution to develop collaborative, strategic initiatives to promote mental health for the university campus and academic medical center faculty and staff at the University of Michigan. She is a licensed clinical psychologist and has interests in the areas of stress and resilience, trauma-informed care, and mindfulness.