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OSU Wellness Officer To Speak At Lawton Family YMCA

Suzy Harrington, chief wellness officer at Oklahoma State University, wants the people of Southwest Oklahoma to think beyond diet and exercise.

Harrington will be the featured speaker at Workplace Wellness Solutions from 7:45-10 a.m. Thursday at the Lawton Family YMCA. The seminar on improving community and workplace health will be sponsored by the OSU Extension Office, the Lawton Family YMCA, and Fit Kids of Southwest Oklahoma.

Harrington, who was the former director of the department for health wellness and safety of the American Nurses Association before being hired by OSU in October 2013, is the first dedicated chief wellness officer at a university in the United States.

She led OSU's initiative to be "America's Healthiest Campus," which has completely revamped how the university's staff and students approach the idea of health by creating a cultural of wellness based around positive lifestyle choices and providing opportunities and rewards for staff and students who choose to improve their overall health.

"I'll be talking about wellness in general," Harrington said.

She said there are different levels of wellness and there is always room for improvement.