



## Jacquelyn Allen

Director, Wellness & Health Promotion  
University of North Alabama  
Florence, Alabama

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Jacquelyn is a wellness leader, educator, and health coach with more than 25 years of experience advancing employee well-being, health promotion, and organizational wellness. Her professional background spans leadership roles in the health insurance industry, where she served in various Human Resources and management positions, including oversight of employee wellness initiatives. With more than 15 years of management experience, she has developed and implemented programs that support healthier, more engaged workplaces, including building from the ground up, the current Roar for Wellness Program at UNA.

For the past seven years, Jacquelyn has served as Wellness Director and Lecturer in Health Promotion at the University of North Alabama, where she combines academic expertise with practical application to help individuals and organizations achieve sustainable health outcomes. She holds a Master of Science in Health and Human Performance, a Bachelor of Science in Business Management, and is a Certified Health Coach through the Institute of Integrative Nutrition.

A passionate advocate for whole-person wellness, Jacquelyn is dedicated to empowering people to make meaningful lifestyle changes that enhance their health, well-being, and quality of life. She brings a unique perspective that integrates business leadership, health education, and coaching to promote lasting wellness at both the individual and organizational levels. She has worked with both students and employees at all levels of the organization.

Outside of her professional work, she enjoys attending church, walking, traveling, decorating, and spending time with family and friends. She also has a beloved rescue dog, Joy, who reminds her daily of the importance of connection, balance, and having joy in life.