



Karla Clark, CWP

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Karla Clark is an Employee Health & Wellness Program and Project Manager for the Seattle King County Balanced You team, which provides comprehensive wellness initiatives serving more than 17,000 employees. Karla oversees programs focused on overall wellness, mental health, mindfulness, and physical health, ensuring employees have access to resources that support both personal well-being and professional performance. A Certified Wellness Practitioner and Worksite Wellness Specialist through WELCOA, Karla brings industry expertise and innovation to every program she designs and manages. She is the producer, host, and moderator of engaging wellness webinars, panel discussions, and one-on-one interviews with subject-matter experts, creating meaningful conversations that educate, inspire, and empower employees. Karla also manages King County's employee Mindfulness Program, collaborating closely with external vendors to develop impactful curriculum, review content, analyze feedback, and continuously refine offerings to meet employee interests and needs. Her leadership ensures mindfulness programming remains relevant, accessible, and results driven. Karla also manages the King County Activity Center Program which provides workout spaces for employees in various locations throughout the county.