



Ellen Ogedegbe, M. Ed., CHES, CWC

Ellen Ogedegbe has been an Employee Wellness Coordinator at Harris Health System for a year and a half. She is responsible for teaching and designing wellness classes and workshops, managing the Harris Health Fitbit Group, and the Office Ergonomics Program at Harris Health System. One of the best parts of her career is hearing people's "Aha Moments." When a class or tidbit of information makes just the right impact at just the right time.



Previous to joining the Harris Health System family she worked in the field of Ergonomics for 7 years and has always enjoyed the health and fitness industry. She received her undergraduate degree in Sports Administration and her M.Ed. in Health Education & Administration from the University of Houston.

Ellen considers herself a native Houstonian as she has lived here for over 20 years. She is married with one son and a baby girl on the way. Organizing brings her too much joy and you can usually find her knee deep in a "give away" pile.