



Ellen Thompson, M. Ed., CHES, CWC

Ellen Thompson 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. Organizing brings her too much joy and you can usually find her knee deep in a "give away" pile.

Contact us at employeeewellness@harrishealth.org; 346-426-1597

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-302-4248 or 346-426-1812 or via email at HarrisHealth@cigna.com and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.