



Sarah Elliott

Manager Employee Wellness
Wellstar

Sarah Elliott is Manager of Employee Wellness for Wellstar Health System. Headquartered in Marietta, Georgia, the system has 24,000+ team members who care for patients in 10 hospitals, five health parks, and 300+ medical offices across nine counties. With 16 years of experience in healthcare, Sarah oversees a staff of wellness specialists and wellness coaches who customize wellness programming to meet the evolving needs of Wellstar team members and that align with the systems focus on People and Culture. The Wellstar Employee Wellness mission is to enhance the health and well-being of team members by cultivating a thriving environment, with a focus on accessible results-oriented workplace wellness programs that support the whole human. Sarah was instrumental in developing Wellstar's innovative Wellness Rooms in each hospital and health park. These rooms, which have gained national attention, are special spaces of respite for team members to reflect, refuel and recharge. Known for her creativity and energy, Sarah continues to introduce new and innovative ways to approach wellness through themes such as respect, fairness, pride, credibility, and connection.