



Dr. Grace Ingram, DH

## **Dr. Grace Ingram, DHSc, CWWS**

Wellbeing Program and Employee Engagement Manager  
City of Alexandria

Dr. Grace Ingram is the Wellbeing Program and Employee Engagement Manager for the City of Alexandria in Northern Virginia. Prior to her role with the City, Dr. Grace was a wellness consultant with Harden & Associates where she provided wellness program consulting and expertise to over 30 different companies throughout the Southeast region of the U.S. She holds a Bachelor's in Biology from Spelman College, a Master's in Exercise Science with a concentration in Health Promotion from Georgia State University, and a Doctorate in Health Science with a concentration in Global Health from Nova Southeastern University. Dr. Ingram is also a member of the American College of Sports Medicine as a Certified Exercise Physiologist®, as well as a Certified Worksite Wellness Specialist with the National Wellness Institute. From a very early age she always knew she wanted to do something geared towards helping others. Over time she discovered that inspiring, creating, and managing wellbeing programs was her passion and purpose in life. Within her current role she is honored to be able to help others improve upon their current dimensions of wellbeing from physical and mental to financial and purposeful. She realizes that they all hold equal weight and should be cared for singularly as well as in unison with one another. In her spare time, Dr. Grace loves to spend time with her family, traveling, learning about new cultures, and listening to all types of music.