



Julie Paris

Global Wellness Program Sr. Manager
Akamai Technologies

Julie Paris manages the global wellness program at Akamai Technologies, Inc., leading health and well-being initiatives that support and encourage employees and their families across more than 30 countries. Grounded in the 3 Pillars of Akamai Wellness (Mentally Resilient, Physically Strong, Financially Responsible), Julie blends her expertise in employee experience with a passion for health improvement. A former, long-time group fitness instructor, she remains dedicated to practicing what she preaches, fostering well-being both inside and outside the corporate landscape.