



## **Eren Barker, M.S., ATC, CSCS, ACE-CHC, LSSGB**

Employee Well-being Program Manager  
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Eren Barker is an employee well-being program manager at St. Luke's Health System, the largest employer in Idaho. She designs and leads initiatives that bring well-being to life in the workplace. With more than a decade of experience in health promotion, injury prevention, and applied health sciences, Eren's work focuses on helping individuals and teams make the healthy choice the easy choice to improve engagement and performance throughout the workday. She leads the Well-Being Champion Network, a community of more than 500 volunteer champions who infuse joy, movement, and well-being into the workday across the health system. Eren also created the Midday Move program, a highly successful movement-based program that helps employees recharge through short, energizing sessions that promote both physical and emotional well-being. Eren holds a master of science degree in applied physiology and kinesiology from the University of Florida and a bachelor's degree in athletic training from the University of Illinois Urbana-Champaign. She is an ACE Certified Health Coach (ACE-CHC), NSCA Certified Strength and Conditioning Specialist (CSCS), and a Lean Six Sigma Green Belt (LSSGB). Passionate about creating cultures of health and connection, Eren helps individuals rediscover joy and vitality at work, one movement at a time