



Sam Dolezal, Ed.D., M.S.E., M.S., CSCS

**Wellbeing Officer
Union Bank & Trust
Lincoln, Nebraska**

Dr. Sam Dolezal is the wellbeing officer at Union Bank & Trust (UBT), acting as the company go-to for anything related to health and wellness. Dolezal's passion is supporting others on their journey towards a healthier tomorrow, pairing well with her responsibility of ensuring a healthy workplace. She draws on all her experience and education, including a doctoral degree in health care education, to help others live their very best lives. Dolezal serves and supports UBT to the best of her ability, teaching fitness classes and personal training as well as running analytics on health care claims. Under her supervision, UBT's worksite wellness program known as UBTwell has been named honorable mention for the C. Everett Koop Award in 2020 and 2021. Alongside these honors, UBTwell has earned another 12 honors and accolades in the last three years. Previously, Dolezal served as an academic advisor at Northeast Community College and college track coach at Doane University, both located in Nebraska. As passionate about community as she is fitness, Dolezal is an active volunteer in multiple organizations, an adjunct instructor at Nebraska Wesleyan University and a business member of the Tobacco-Free Lancaster County Task Force.