



Michelle Kirk

Lab Wellness Ambassador

I have been active and certified in the Fitness Industry for over 10 years. I have never stop loving fitness! I have only stopped exercising for several weeks (twice in the past 11 years) after giving birth to my sons. My passion is to create awareness in the fight to stop obesity and to help people achieve their health and fitness goals. I enjoy training and teaching fitness classes because it gives me the opportunity to do what I do best, which is to inspire, motivate, encourage, educate and coach people toward their goal. I am well-known for telling my classes “Quitting is not an option and I am locking the door.”



Sharon Johnson

40 Pryor Wellness Ambassador

For several years I have been talking about getting fit, feeling better about how I look as I get older but did nothing about it. Thanks to Susanne, I am now finally in charge of my health. I have joined a gym, watch what I eat, and I take the time to read the labels when I go shopping for food.



L'laina Rash MEd, CHES

12th Floor Wellness Ambassador

My wellness journey started as a teen. I have always had a strong interest in educating others about healthy lifestyles. Therefore, I decided to pursue a career in health education. I have worked in the field of public health and health education for the past 14 years. I have always loved to dance. I have incorporated dancing into my life throughout the years. Most recently, I have decided to combine my love for dance with my fitness goals. I started taking dance classes again. I decided to create fitness routines based on dance moves. Hence, the dance fit class was born! I admit, I am a foodie. But, I have learned to balance my love for food with my love for dance.



Christy Kuridnyk

13^h Floor Wellness Ambassador

Our well-being matters. Studies conclude that healthy employees are happy and productive employees. Whether in our work or personal lives, good health results in less stress, less illness and happier, more confident beings. My participation in our Worksite Wellness Program has certainly bolstered my fitness and increased my knowledge of good nutrition and living a healthy lifestyle. I encourage everyone to join DPH's wellness initiative. There is a program or event for everyone, regardless of one's physical abilities or time constraints.



Ashley Moore

14th Floor Wellness Ambassador

I have always enjoyed being active and fit, especially if that means I get to dance. I have loved self expression through dance for as long as I can remember, whether it was my first ballet class as a child or signing up for a belly dance class during graduate school. I enjoy empowering women to maintain an active and healthy lifestyle while celebrating their bodies. So, please join me in my belly dance class as we learn to "Shimmy our way to sexy!"



Jessica Tuttle

14^h Floor Wellness Ambassador

I am a Medical Epidemiologist and work at 2 Peachtree in Acute Disease Epidemiology as a Vaccine Preventable Disease Epidemiologist. I enjoy staying physically fit through running which I do about 5 days a week. I run with other women my age who live in my community. We meet most mornings and usually run 6 miles before work. I have completed several races with my friends, including the Atlanta Marathon, NY Marathon, Chicago Marathon, and Boston Marathon. This spring we will be running the Ojai Marathon in Southern CA which runs from the mountains to the ocean and is supposed to be very scenic! When not working or running, I stay busy and enjoy my three teenage children, husband, and Boxer dog!



Ebony Thomas

14th Floor Wellness Ambassador

Hi! My name is Ebony and I work as the Vaccine-Preventable Disease Epidemiologist for the Department of Public Health. I received my MPH in Behavioral Science and Health Education from Emory University. While at Emory, my research interests included infectious diseases, immunizations/vaccinations and disordered eating and body image among African American women. Over the past two years I have become a "runner". I have run 3 half marathons and several 5ks and 10ks. I hope to complete at least 4 more this year and a full marathon. I love running, laughing with friends, traveling, reading, watching movies, shopping and educating people about pertussis :) I hope to create some fun and exciting workouts and health initiatives for DPH!



Kelly Mattran

15th Floor Wellness Ambassador

Wellness is a state of mind - a lifestyle. It should be fun & enjoyable! I believe in incorporating healthy choices and fitness into your daily routine to experience the emotional, mental, and physical benefits.

A happy mind and a healthy body can overcome so many of life's challenges.

I advocate for discovering what MOVES YOU and embrace it, live it, love it.



Kiley Morgan

Wellness Ambassador Co-Chair

16th Floor Wellness Ambassador

When I am not at DPH, you can find me outside enjoying the fresh air. I enjoy yoga, gardening, and walking my dog. My husband and I enjoy spending our weekends exploring this beautiful state. We like to hike and have logged many hours on the Appalachian Trail. Let me know if you need recommendations on great places to hike or climb!

Latasha Dillard

Skyland Drive Wellness Ambassador



Latasha Dillard is a YMCA Group Fitness Instructor and Wellness Coach. Her love for fitness began with a background in sports having played Collegiate Volleyball and Basketball.

Latasha is also certified in Turbo Kick, Insanity and TRX and understands the importance of maintaining optimal strength along with sound cardiovascular health. She strives to implement both in every class taught along with lots of motivation and support.

Latasha's goal is to make every participant feel welcomed while encouraging them to work to their personal best. She stresses the importance of mental state over the physical being while teaching students to identify and celebrate every victory. She leads with her passion for people, discovering a healthier and happier self, and concentrates on helping the client being the best version of themselves.