



**Ann Sabbag, M.S.
CEO & Founder**

When Ann founded Health Designs in 1995, starting a business devoted to promoting employee health and well-being was an expedition into uncharted territory. Fortunately, it was also a chance to create something unique from Ann's experience as a health educator and coach. Eventually, the wellness strategies born at Ann's dining room table became the gold standard for a now-thriving industry.

Today, the award-winning Health Designs team partners with diverse employers in nearly every sector of the economy to create wellness programs that enhance employee health, improve productivity and build a culture of well-being within their organizations. In 2016, the company served more than 85,000 employees at 250 companies nationwide.

Ann's achievements in the wellness industry have been recognized by a variety of organizations, including the U.S. Small Business Administration, which named her "Florida Small Business Leader of the Year" in 2012. She was also honored as one of Northeast Florida's "Ultimate CEO's" by *the Jacksonville Business Journal* in 2013. And this year she was named one of the Top Women-Led Businesses in Florida by the Commonwealth Institute

With a bachelor's degree in Health Education from Florida State University and a master's degree in Health Administration from the University of North Florida, Ann is also a certified Intrinsic Coach who's completed extended studies in nutrition and behavior change. She is an active volunteer with a variety of nonprofit organizations throughout Northeast Florida, serves on the Wellness Council of America Faculty and is a founding member of the First Coast Workplace Wellness Association. In addition, she is a member of the boards of Jax Chamber, the Women's Business Center and Hubbard House.

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