

Nominate a

# Wellness CHAMPION



If you or someone you know has made positive health/fitness changes through the Health In Action program, achieved a health/fitness goal, or has inspired others, we would like to know. Tell us about it, and you or your nominee's story could be published in the next *Health Link*.  
(With nominee permission)



**Mel Kalkowski**  
Mel, the Director of Military Programs at UAA is running his way to better health, and is inspiring others along the way.



**Christine Opland**  
Christine of UAA recognized the need for a healthy lifestyle and began utilizing the university's wellness program to work towards her goals.



**Nicole Duclos**  
Nicole of UAS-Sitka was honored at the Sitka Health Summit for her work with the University of Alaska Southeast-Sitka campus employee wellness team.

## Road Scholars

A group of UAS staff, faculty, and students joined in the Running of the Klondike Road Relay, a 100+ mile middle-of-the-night race from Skagway, Alaska following the trail of the Gold Rush Stampedeers over the famous White Pass, through British Columbia, into Whitehorse, Yukon Territory.



Learn more about these and other Wellness Champions, and nominate yourself or someone you know by visiting [www.uahealthinaction.com](http://www.uahealthinaction.com), and clicking on Health Programs.