

Allison M. Ledford, MS, MBA

Allison Ledford is the employee wellness director at Norton Healthcare leading N Good Health – the health system’s employee wellness program. N Good Health primarily focuses on population health and wellness initiatives with Norton Healthcare’s workforce, which is made up of 14,000 employees.

Norton Healthcare is one of the largest health care systems in the region providing care at four adult-service hospitals, a pediatric hospital and an outpatient pediatric facility. We also have 13 Norton Immediate Care Centers, four occupational health centers and more than 225 physician practice locations throughout Greater Louisville and Southern Indiana. With approximately 2,000 physicians on our medical staff, Norton Healthcare’s mission is to provide quality health care in a manner that responds to the needs of our community.

Allison has focused the majority of her career following her passion and working with a diverse and aging population by challenging herself and teams to implement innovative solutions that will motivate and educate individuals within our communities to improve health outcomes. Allison has been part of Norton Healthcare since 2009 and, prior to that, worked with CSX Railroad as a wellness case manager and personal trainer at Indiana University’s Recreational Sports facilities. She holds certifications as a Personal Trainer, Clinical Exercise Physiologist and Worksite Wellness Program Manager and is trained as a Diabetes Prevention Program facilitator through the YMCA. Allison has also reached faculty status with the Wellness Councils of America and serves on national and community committees that focus on population/worksite health and wellness.

Allison has a bachelor’s degree in kinesiology from Indiana University (IU) majoring as a fitness specialist with a minor in nutrition and a master’s degree in kinesiology from IU with an emphasis in ergonomics and a cognate/minor in health promotion. Allison also has her Master of Business Administration (MBA) from Indiana University Southeast.

You can reach Allison by emailing Allison.Ledford@nortonhealthcare.org or calling 629-2105 (office).