



**Karen Moseley**  
**President**  
**Health Enhancement Research Organization (HERO)**

Karen Moseley is President of the Health Enhancement Research Organization (HERO), a national think tank dedicated to advancing best practices in employee health promotion. In collaboration with HERO members, Karen and the HERO team provide leadership in research and education on issues such as the impact of wellness program best practices on health outcomes and the impact of healthy cultures on employee performance.

Prior to being appointed President of HERO, Karen served as the organization's Vice President of Education and Director of Operations. In these positions, she was instrumental in growing HERO membership, increasing member engagement, and continuously improving educational programming and supporting HERO's robust research agenda. Karen also managed HERO's grant-funded projects, which include a multi-stakeholder collaboration to support employer involvement in community health initiatives and another to identify common measures of community health, both funded by Robert Wood Johnson Foundation.

Having worked in the non-profit sector for more than 25 years, Karen has managed the development and dissemination of a number of publications and educational conferences. Karen received her Bachelor of Science in business administration from the University of North Carolina at Chapel Hill.

To stay healthy, Karen enjoys yoga, testing new healthy recipes and being in nature. Karen and her husband, T.J., reside in Wake Forest, NC, with their dog Jill.