



BEING INCLUSIVE FOR ALL ABILITIES



**Amanda J Shanahan, MA, RDN,
Manager, Employee Wellbeing,
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Amanda is a registered dietitian, managing wellness programs at Excellus BlueCross BlueShield for over 27 years. For the past 11 years, as Manager of Employee Wellbeing, she has been responsible for the development and management of Excellus BCBS's employee wellbeing program: be WELL for LIFE. Prior to her work with be WELL for LIFE, she managed health and wellness programs for the health plan's customer employer groups. Amanda's philosophy is that wellness programming should be engaging, inclusive, and diverse in order to support every employee's personal wellbeing journey. She believes that wellbeing in the workplace isn't a nicety, but a must-have.

