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## JOSHUA SCOTT

## BIOGRAPHY

Joshua Scott, MS, is Director of Continuing Education for the Center for Health, Work and Environment; Director of Education for Health Links Colorado, and an instructor in the Colorado School of Public Health for the Department of Environmental and Occupational Health. Through these roles, Josh regularly lectures and conducts community training events on the organization of workplace well-being, occupational stress management, and Total Worker Health® leadership. Josh also comes from a lineage of stress management educators and practitioner, co-teaching his first stress management course in higher education with his father, almost 15 years ago.



Prior to coming to Colorado, Josh was a faculty member at the University of Notre Dame teaching health education, nutrition, stress management and exercise physiology. While teaching, Josh spent his summers directing a youth adventure camp across the Colorado Front Range. He is a former college athlete, avid outdoorsman and passionate advocate for healthy workplaces. He holds graduate degrees in exercise science and holistic health. He is currently a doctoral candidate in Health Science from Western Michigan University.

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