



Kathy Foulser

Director of Member Engagement

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Kathy Foulser joined the Midwest Business Group on Health in 2022. She manages several projects and community-based initiatives focused on specific disease states and key trends, and she leads and supports the management and coordination of MBGH educational programs.

Prior to joining MBGH, Kathy was the benefits and wellness program manager of a hospital system with 12,000+ employees. She previously worked at a population health management company.

Kathy began her career in the social services, working with at-risk teens. She completed a master's degree in psychology and then shifted her focus to holistic medicine, attending Southwest College of Naturopathic Medicine and becoming a licensed naturopathic doctor in 1998. Her practice was focused on the mental and emotional underpinnings of chronic disease. She completed a master's degree in public health at Northern Illinois University in 2008.