



Office: Health Professions  
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## *Education*

- PhD in Health Behavior, minor Biostatistics, Indiana University-Bloomington
- MPH in Behavioral Health Science, Indiana University School of Medicine
- BA in Biology, Taylor University

## *Research and Scholarly Interests*

- Yoga - Motivations for Yoga Practice, Benefits of Yoga, Yoga Therapy, Yoga for Athletes, CAM
- Health Promotion - Worksite Wellness, Stress Management, Nutrition, Physical Activity, Healthy Aging
- Public Health - Biostatistics, International Public Health, HIV/AIDS, Environmental Health, Epidemiology

## *Courses Taught*

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|--|---|
| • HP 302 Biostatistics                             | PH 384 Public Health                              |
| • HP 407 Health Promotion Practicum                | PH 494 Health Education and Health Behavior       |
| • HP 305 Structure and Theory in Worksite Wellness | HP 306 Evaluation/Application of Health Promotion |
| • MHA 622 Biostatistics                            | MHA 628 Epidemiology                              |
| • HP 492 International Public Health               | HP 490 Special Topics in Public Health            |

## *Professional Memberships*

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|---|-------------------------------------|
| • American Public Health Association (CAM caucus) | American College Health Association |
| • International Association of Yoga Therapists    | National Wellness Institute         |
| • Yoga Alliance                                   | Alpha Mu Gamma (Foreign Language)   |

"Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that."

Martin Luther King, Jr.

## *Professional Certifications*

- Certified Health Education Specialist (NCHEC)
- Registered Yoga Teacher 200hr (Yoga Alliance)

## *Current Research and Grants*

- Benefits of Yoga for Adolescents and Teens (EVSC & Barrington Schools)
- Benefits of Yoga for Athletes (USI Endeavor)
- Psychosocial Determinants of Yoga Practice (Summer Research Fellowship)
- Benefits of Yoga for Older Adults (RISC & NIA in progress)

## *Selected Publications*

### **Articles Peer-Reviewed (In Press):**

- Eggleston B., Middlestadt SE, Lindeman, A., McCormick, B., & Koceja, D. (2011). Attending yoga classes. *International Journal of Health, Wellness, and Society*.
- Swenty C. & Eggleston B. (2011). The evaluation of simulation in a baccalaureate nursing program clinical simulation in nursing. *Journal of Clinical Simulation in Nursing*.
- Ehlman M, Wilson A, Eggleston B, Dugger R, Coudret N, Mathis S. (2012). The Urge to Educate: A Look at Urinary Incontinence in Nursing Homes. *Urologic Nursing*.

### **Articles Invited (Published):**

- Eggleston B. (2010). Yoganna Love It: Reasons to Practice Yoga. *Wellness Management, Spring 2010*: 3-4.
- Eggleston B. (2010). *Worksite Wellness Yoga*. American Public Health Association's Alternative & Complementary Health Practices Newsletter, Fall 2010.
- Ehlman M, Eggleston B. (2011). A wellness intervention for seniors. *Wellness Management, Winter 2011*.
- Eggleston B, Polsgrove M. (2011). *Yoga for Athletes*. American Public Health Association's Alternative & Complementary Health Practices Newsletter, Spring 2011.

## *Selected Peer-Reviewed Presentations*

- Eggleston B. Attending Yoga Classes: An application of the Theory of Planned Behavior. International Conference on Health, Wellness, and Society. Berkley, CA, January 2011.
- Eggleston B, Ehlman M. Yoga for Seniors: A qualitative exploration. APHA Meeting in Denver, CO, November 2010.
- Eggleston B, Tanner A. Mind-Body-Spirit: Exploring Motivations behind Yoga Practice. American Public Health Association's Annual Meeting in Denver, CO, November 2010.
- Dugger R, Coudret N, Ehlman M, Mathis S, Wilson A, Eggleston B. Evaluating a Bladder Scanner Intervention for Older Adults with Urinary Incontinence. National Gerontological Nursing Association Convention in Palm Springs, CA October, 2010.
- Polsgrove M, Eggleston B. A qualitative exploration of perceptions of yoga as an athletic training activity for college men's soccer and baseball players. Symposium on Yoga Research, Honesdale, PA, October 2010.
- Eggleston B, Ehlman M. Yoganna Love It: Yoga and Older Adults. National Wellness Institute Meeting in Stevens Point, WI, July 2010.