

The Helix Team

Corporate



Les Hedman, LEED AP O+M

CEO & Founder

Les Hedman developed the concept for Double Helix Group while working in a men's health clinic in Chicago. Motivated by the need for improved engagement tools and armed with technological expertise, Les became a member of 1871 and began working full time on what we now know as Helix Health & Wellness. A California native and UC Berkeley alum, Les brings Silicon Valley innovation to his work at Helix. Les' career in health care spans 10 years, mostly serving in business development, financial development, sales and technology roles. As a LEED AP, Les' specializes in performance review, benchmarking and data analysis (for people and buildings!).

Lizzie Nolan, MS

Vice President & Founding Member

Lizzie joined forces with Les in the summer of 2013 as a human resources specialist for Double Helix. After completing a master's degree with DePaul University, Lizzie became Les' partner and Vice President. A former educator, Lizzie focuses on communication, operations and human resources. Like Les, Lizzie hails from Northern California, bringing technological aptitude to her work with Helix. Lizzie relies on her experiences working in Asia, Europe and North America to provide a holistic viewpoint for Helix clients.

