

# Meet the MIIA Wellness Coaches



## Janet Fontana

Janet Fontana is a registered nurse and National Board Certified health coach with a master's degree in health education. Over the past six years, Janet has coached hundreds of clients, including staff and faculty at Tufts University and MIIA subscribers. Janet loves to get to know and work with new clients. People appreciate her warm, non-judgmental, personalized approach to meeting them where they are and helping them move toward their unique wellness goals.

Janet has a special interest and experience in mind-body health. She has helped many people learn to better manage stress and anxiety, leading them to greater success in reaching other wellness goals, including weight loss, increased physical activity and restful sleep.



## Jennifer Fournier

Over the past 20 years in both private practice and as a clinician in the Department of Cardiology at UMass, Jen has helped more than 10,000 clients discover just how easy it is to cook whole foods while improving their health. As a registered dietitian, coach, cooking teacher, educator, mindful eating facilitator, Jen's clients are supported to find their best way of eating so they can meet their health goals.

Jen specializes in working with the fear, frustration, and confusion around what to eat so that her clients feel more ease and confidence around eating. She commonly works with people who are over-weight, suffering from diabetes, heart disease, and joint pain and helps them to increase vitality and energy.



### Trish Hart

Trish Hart brings a dynamic and engaging approach to health and well-being coaching, focused on enriching client's overall quality of life. With an MBA from Boston University and training in health coaching and mindfulness from Duke Integrative Medicine, along with stress management expertise from the Benson Henry Institute, Trish combines business knowledge with holistic wellness practices. Additionally, she is highly skilled at therapeutic yoga, sound therapy, and meditation, enriching her holistic approach to guiding individuals on their wellness journey. Trish also serves as a corporate trainer and subject expert in various mind-body topics such as stress management, sleep, habit formation, happiness, and self-care. Trish's end goal is to empower her clients with a science-based strategy that cultivates healthy habits, enabling them to improve their overall well-being and age well.



### Lori Lambert-Osborn

Lori has over 12 years experience as a clinical dietitian in a variety of settings (endocrinology, nephrology, and research). She has also been teaching yoga, mindfulness, and breathwork for seven years, and received her 500 hour yoga teaching certificate in 2017.

At the heart of coaching are authentic relationships that support personal growth, discovery and transformation. Lori loves being part of someone's transformational journey. Helping others channel their strengths, honor their values and use their capacities on their change journey is a complete honor.

Lori specializes in Health/Wellness/Mindfulness coaching (holistic approach to diet, exercise, mindfulness, well-being, self-care, and healthy decision making).



### Jerry Posner

Jerry is an accomplished training specialist, conference speaker, author and consultant. For more than 30 years, he's coached clients representing a wide variety of businesses and organizations; including education, finance, law, hospitality, health care, retail, government and manufacturing. Jerry is also a popular lecturer at Canyon Ranch Resort in Lenox, Massachusetts, having presented over 2,500 inspirational, motivational lectures for their guests since 1993.

Jerry finds coaching very rewarding because every session can be completely custom designed for the individual, as everyone's needs and goals are unique. He strives to make the coaching experience meaningful, functional, uplifting, empowering and, most importantly, enjoyable



### **Heidi Roth**

Heidi Roth is a Registered/Licensed Dietitian, Health Coach, and nutrition expert with a passion for health and wellness. Heidi spent the first part of her career as a critical care neonatal dietitian and pediatric nutrition specialist. She went on to found her own corporate wellness consulting business, with the goal of making science-based health recommendations simple, real, and fun.

Today, Heidi shares her enthusiasm for nutrition and wellness virtually and in person through one-on-one coaching, webinars, worksite seminars, and healthy food demonstrations. She loves to help empower people to make small sustainable changes in their diet, exercise, sleep, and self-care habits that can have a huge impact on their overall well-being. She enjoys traveling, hiking, and skiing and considers herself to be a total foodie.



### **Tricia Silverman**

Tricia is a registered dietitian, wellness coach, fitness instructor, author, and mom. She has been a dietitian for 25 years and a coach since 2013. Tricia has helped numerous MIIA subscribers lose weight, eat healthier, move more, sleep and feel better, get organized, and more. She loves coaching because it is a collaboration between the coach and the client - they work together to find the best path for the client. This has led to fantastic results.



### **Barb Stacy**

Barb is an experienced adult educator and wellness champion – a catalyst for positive change! She is a National Board-Certified Health & Wellness Coach, as well as a Culinary Health Education Fundamentals (CHEF) Coach, who brings a diverse background to health and culinary coaching from her 25-plus-year career in corporate training, leadership development, and program management. Her