

# 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 25 years in both private practice and as a clinician, 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, and mindful eating facilitator. Jen supports her clients in discovering the eating style that works best for them to reach their health goals. Additionally, Jen has a strong background in coaching individuals on weight-loss medications and is dedicated to guiding them throughout their journey. She is passionate about helping those who are overweight or managing diabetes, heart disease, or joint pain increase their energy and overall vitality.

## Kiera Malowitz



Kiera specializes in helping busy people create organized, functional spaces that reduce stress and support daily routines. As a Certified Professional Organizer, she teaches practical strategies that make physical spaces easier to navigate and maintain. She emphasizes the connection between physical organization and emotional well-being, helping clients feel calmer, more focused, and more in control. During her sessions, using her SAOL Method — Sort, Amend, Organize, and Label — clients learn while doing, applying tools directly to their own spaces for immediate results. Kiera's goal is to create lasting change, empowering clients with systems they can sustain long after their sessions end. She is passionate about helping people transform their spaces so they can thrive both at work and at home.

### 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.