

# 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.

## 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

### **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.