



Andy VanEss, MBA, Wellness Program Manager

Eleven years health and wellness experience:

Life is a rollercoaster ride, sometimes you can anticipate the twist and turns and sometimes they can take you completely off guard. That's why I see wellness as a nimble flexible goal that can meet us where we are and help us keep our eye on our prize. (Who doesn't want to live their best life?)

For me, wellness is a never ending journey. It's finding a balance in life where I can still enjoy good food, awesome adventures, and creating memories with the ones I love.



Jennifer Fitzpatrick, BS, CHWC, Wellness Coordinator

Seven years health and wellness experience:

I spend my days working alongside some of the most amazing people, reminding them how they deserve to feel good and take time for themselves. When I have the privilege of working with someone I get a front row seat as they recognize their value and achieve their wellness goals! When I can reflect back to someone what they are saying in a way that helps them set achievable goals and then support each step of the way, that's a powerful way to live your life.



Lynn DeGrenier, BS, CWC, MCHES, Wellness Coordinator

Thirty-four years health and wellness experience:

I prioritize a work life balance and try to help others realize that goal. I know it's not always easy with the high demands on our time from work, children, school, friends, and countless other things but I think if we are flexible we can find creative ways to fit exercise, healthy eating, and time for people and giving back into our lives.



Kevin Dunton, BS, CHWC, CPT, Wellness Coordinator

Nineteen years health and wellness experience

When the going gets tough I work out than hangout with my family! Wellness is a very dynamic beast you can't accomplish it by doing one thing. It requires a 360 view of yourself and your life. It starts be identifying what your values are, what's most important to you. For me that's easy, my wife, sons, friends, health and fitness, and career, once you figure that out its easy!



Danielle Reardon, BS, CHWC, CPT, Wellness Coordinator

Ten years health and wellness experience:

I believe the root of a happy and successful life begins and ends with health and wellness. I didn't truly appreciate what that meant until about eight years ago. I did a scan of my life and realized I had developed some pretty unhealthy habits and as a result I wasn't living my best life. By finding my wellness sweet spot I am actively enjoying my family more and I'm trying all types of new adventures like half marathons, trail races, and obstacle course races, life is good if you're willing to commit to yourself.



Kristine Welch Taylor, MS, RDN, Wellness Coordinator

Sixteen years health and wellness experience:

I strive to be better not perfect and that's what I want to help others do. As a registered dietitian and certified personal trainer I can appreciate the many challenges that prevent us from keeping the course of health and wellness. My style is focusing on achievable and sustainable goals so we can live long healthy lives doing what we love! I like to think of wellness holistically, so I can help people overcome some of the all too common pitfalls to weight loss, physical activity, sleep or stress management.



Cara Miller, CHWC, CPT and Yoga Instructor, Wellness Coordinator

Seventeen years health and wellness experience:

Wellness is foundational to a fulfilled life, yet, none of us ever arrive. It is a daily effort of progress, not perfection. My background is rooted in natural health and education, so I enjoy equipping & edifying others in the journey of caring for their holistic health. To be inspired and proactive in taking care of oneself is a gift that pays dividends... You are making valuable investments into your future! As a wellness coach, it is a privilege to walk through this adventure with others.