

The Mind Body Method:

COMMUNITY WELLNESS STARTS HERE



NUTRITION
FITNESS
WELLNESS SUPPORT

A comprehensive health and weight management program for a better lifestyle.

MAKING THE CHANGES YOU NEED TO ALLOW YOURSELF THE LIFE YOU DESERVE.

With the help of local industry experts, the JCCNS is proud to offer a program that guides you on a path to complete physical and mental wellness. Our fitness, medical, nutrition and mental-health experts work together to provide clients with a comprehensive plan to achieve their wellness goals. The ultimate goal of this 8-week program is improvement in local community health, promoting normal weight and a happy, active lifestyle.

- **FITNESS:** Clients will meet at the JCCNS twice a week for a group training session focused on improving physical fitness.
- **NUTRITION:** There will be an initial 30-minute, one-on-one, nutritional intake meeting with our nutritionist to assess the client's current nutritional position. Clients will continue to meet as a group, every other week, with our nutritionist.
- **WELLNESS SUPPORT:** Clients will meet with our wellness support professionals, every other week, in a group setting, to discuss their progress and learn to become more mindful and self aware.

PRICE FOR THE 8-WEEK, ALL-INCLUSIVE PROGRAM: \$540.

DATES AND TIMES TO BE DETERMINED BY CLIENT AND THE PROFESSIONAL TEAM.

CONTACT MARY PAT HAWKINS AT MPHAWKINS@JCCNS.COM FOR MORE INFORMATION AND TO REGISTER.





NUTRITION

Nutrition expert and Dietician, Liana DeLoid, MS, RD, LDN provides individualized nutritional counseling to help develop healthy eating habits by making a lifestyle change that implements proper nutrition. Liana helps create a realistic nutrition plan to improve eating habits and lifestyle based on medical history and personal goals. Beginning with a nutritional assessment that reviews medical history, health or fitness goals, and family dynamics, Liana will focus on proper nutrition, portion sizes, key nutrients (carbohydrate, fat, protein, vitamins, etc) and maintaining a healthy lifestyle.



FITNESS

Our certified JCCNS personal trainers will begin with a comprehensive fitness assessment on each client. Working together with our medical expert, clients will receive an individualized fitness regimen and ongoing training focused on achieving a healthy weight and happy, active lifestyle. Our trainers will provide continued support as clients gain confidence and strength in their fitness routine.



WELLNESS SUPPORT

Professionally trained LICSWs, Jane Zeller and Judi Goldman, will facilitate group sessions focused on helping clients gain a stronger and healthier approach to embracing their whole health. Clients receive support and valuable perspective from others facing similar health challenges. Using tools such as discussion, coping strategies, meditation/mindfulness and humor, these wellness sessions will help participants become more hopeful and self-aware, while working toward the goal of creating healthy approaches to both physical and emotional changes that come with health struggles.



Dr. Michael Goldstein, MD, Cardiologist and Internist

Michael Goldstein, MD is a Cardiologist at North Shore Medical Center/Salem Hospital with special interest in exercise, weight management and healthy diet. He advises patients on the benefits of weight loss, good nutrition and healthy lifestyle. His ultimate goal in overseeing this new program is to promote a healthy, happy and highly functional local community.



Liana DeLoid, MS, RD, LDN

Liana DeLoid, MS, RD, LDN, is the principal and founder of Engaging Nutrition. Known for her energy, passion for nutrition and commitment to her clients, she has 12 years of experience counseling clients on nutrition and lifestyle change. She specializes in weight management, family-based nutrition, improving blood pressure, cholesterol and diabetes.



Mary Pat Hawkins, JCCNS Health and Wellness Director

JCCNS Health and Wellness Director, Mary Pat Hawkins, is a graduate of Merrimack College and has been involved in the fitness industry for over 30 years. As a group exercise instructor, Mary Pat specializes in focusing on her clients' needs to reach their long-term personal health and wellness goals. She has been a personal trainer and personal trainer educator for over 15 years, and trains clients of all ages and abilities.



Jeff Quinn

Jeff Quinn is a certified Personal Trainer who specializes in functional fitness and fat loss. He has over ten years of experience in the fitness field, having helped hundreds of clients better their lives through exercise and mindful nutritional planning. His powerful fitness strategies have made him one of the most sought after fitness professionals on the North Shore.



Judi Goldman, LICSW

Judi Goldman, LICSW, has been practicing as a clinical social worker for more than 25 years. Judi's experience includes working with both groups and individuals, helping people to find the strategies to make positive changes in their lives. The mother of three and veteran of many life transitions, Judi received her undergraduate degree from Boston College and her Master's in Social Work from NYU.



Jane Zeller, LICSW

Jane Zeller, LICSW, has been in private clinical practice for 25 years. Jane employs a variety of techniques to successfully help clients with anxiety and depression, including mindfulness and meditation. Jane received her Master's in Social Work from Simmons College. Jane currently maintains a private practice in Salem and Newburyport.