

Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

An Effective Lifestyle Approach for Weight Loss

1:30 p.m. CST



Suzanne Reuter, RPAC, DipACLM

Physician's Assistant

Suzanne Reuter is a Physician Assistant who has worked for Premise Health since 2014. After learning about Lifestyle Medicine in 2017 during a company Grand Rounds Presentation, she has adjusted her practice of medicine to a more holistic, preventative approach that focuses on the promotion of healthy lifestyles and assisting members with behavior changes. She became a certified diplomat of Lifestyle Medicine in 2018 and is an active member of the Lifestyle Medicine Advisory Board at Premise Health. Through the personal practice of lifestyle medicine, she lost 25 lbs and was able to come off of her anti-hypertensive medication. Now her biggest joy is assisting her patients on their own personal journeys to better health both during everyday office visits and through the several lifestyle change programs that she has run over the years.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

At Home Ergonomics

11:30 a.m. CST



Kristine W. Haynes, DPT, CEAS

Product Manager, Musculoskeletal Solutions

Dr. Kristine W. Haynes received her Doctorate of Physical Therapy from the University of South Carolina in 2006. She has since worked in various clinical settings including; outpatient, neuro, home health and pediatrics, providing care from newborn to adult. Kristi is presently a Product Manager for the Musculoskeletal Solutions team with Premise Health and has been with the organization since 2013 working to improve and streamline approaches to Ergonomics in the workplace, Injury Prevention strategies, and overall wellness and management of the Occupational worker. She has earned multiple certifications surrounding ergonomics and has presented on topics related to At Home Ergonomics as well as trainings and standards surrounding Ergonomics and Early Intervention for Premise Health and its clients.

Premise Health.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Developing Your At Home Workout Space

11:00 a.m. CST



Caitlin Sullivan

Fitness Manager

Caitlin Sullivan is a certified personal trainer through the National Strength and Conditioning Association, as well as a Kettlebell Concepts level 1 instructor. Caitlin trains her clients with this motto - "Mind, Movement & Muscle" in order to allow her clients to focus on the muscle she wants them to work, as well as consciously focus on what their body is doing in order to produce the proper movement pattern and reap the benefits of each exercise. Caitlin enjoys training herself in this same way through Olympic lifting, HIIT training as well as getting outdoors with her family through hiking in some of the many great trails near her home.

Premise Health.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Healthy Pain Management

1:00 p.m. CST



Jess Brown, PT, CMPT

Physical Therapist, Product Manager

Jess Brown is a Physical Therapist with over 20 years of experience, predominantly treating patients with musculoskeletal pain concerns. He received his master's degree in Physical Therapy in 1998 from Beaver College and was recognized as a Certified Clinical Specialist in Orthopaedic Physical Therapy by the American Board of Physical Therapy Specialties in 2006. Additionally, he has post-graduate training in manual therapy, achieving the designation of Certified Manual Physical Therapist from the North American Institute of Orthopaedic Manual Therapy. He has been with Premise Health over 10 years, initially working as a clinician at an onsite health center and moving to a role as a Product Manager on the Musculoskeletal Solutions team for the last 2 years where he helps to provide clinical support to the clinicians who care for members with musculoskeletal conditions.

Premise Health®



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Move More, Feel Better

12:30 p.m. CST



Ben Rocher

Assistant Fitness Manager

Ben studied professional fitness training in order to help himself and others find joy through movement and play. He's certified through the National Academy of Sports Medicine in personal training, with specializations in behavior change, virtual coaching, fitness nutrition, and weight loss. He's also a Yoga Alliance registered yoga instructor, a meditation instructor, and currently pursuing a master's degree in health and human performance.

Premise Health®



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Nutrition to Fuel Your Life
4:30 p.m. CST



Kaye Anne Starosciak

RD, CSSD, CHWC, Dip.ACLM

Kaye Anne is a registered dietitian nutritionist with a specialty in sports dietetics. She is also a certified health and wellness coach and lifestyle medicine practitioner. All these letters help Kaye Anne coach and counsel others to reach their own health and wellness goals and move toward their “peak of wellbeing”. Fun Fact: Kaye Anne has run over 30 marathons and this October she will run her 9th Boston Marathon. Besides running, she likes to spend time with her family and friends and make yummy food.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Overuse Injuries
4:00 p.m. CST



Scott Fuller, DC

Chiropractor

Scott has been a Chiropractor for nine years and working with Premise Health for the last four years. Currently, Scott works at the Intel Health for Life Center in Oregon. When working with patients, he tries to emphasize a person-centered approach towards patient self-efficacy and independence. Instead of asking what's the matter with you, he wants to know what matters to you. Outside of work Scott enjoys traveling, running his huskies, and other outdoor activities with his family.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Overuse Injuries
4:00 p.m. CST



Monique Dzendzera, DPT, OCS

Physical Therapist

Monique has been a physical therapist and orthopedic certified specialist for eight years, and currently provides musculoskeletal services for BNY Mellon in New York City. Her specialties include the treatment of sports injuries, orthopedic impairments, vestibular and balance disorders for adults across the lifespan. In her free time, she enjoys traveling and spending time outdoors with her family.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Returning to Movement After Pandemic
2:00 p.m. CST



Katie Fuchs

Assistant Fitness Manager

Katie Fuchs is the Assistant Fitness Manager at the Scotts Miracle-Gro site in Marysville, OH. Upon graduating from the University of Dayton and receiving her Personal Training Certificate, she began her journey to guide and motivate clients to become more physically active as her parents did for her. She wants to give others the same gift her parents gave her... confidence! Being physically active regularly builds self-esteem and makes you feel good about yourself! She wants to help everyone feel the same way.

Over 20 years later, Katie has been able to fulfill her passion by becoming a Certified Health Coach and Medical Exercise Specialist. With the combination of these credentials, Katie now specializes in working with clients that have a wide range of medical conditions and unique needs. She uses behavior change and motivational interviewing to guide her clients to meet their vision of being healthy for a lifetime.

Premise Health®



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Sleep, Keys to a Better Night's Rest
2:30 p.m. CST



Julie Pendleton, ND, NBC-HWC

Health & Wellness Coach

Julie Pendleton is a graduate of Bastyr University, where she earned a Doctor of Naturopathic Medicine. After working in an integrative wellness center where she applied a mind, body and lifestyle medicine approach to her primary care practice, she transitioned into a health coach role. She then moved to her home state of New Hampshire and began working as a Health & Wellness coach for Premise Health. Julie listens without judgment and cultivates self-awareness, empowering you to create a lifestyle that reflects you and all that you are.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

What's Up with Your Gut

3:00 p.m. CST



Ashlen Dale MS, RDN, LD

Registered Dietitian Nutritionist

Ashlen studied Nutrition Sciences at the University of Nevada, Las Vegas where she obtained both her bachelor's and master's degree. Her experience includes working with collegiate athletes to optimize their performance, practicing medical nutrition therapy in the clinical setting, and providing one-on-one nutrition counseling to promote healthy living. Her interest in gut health started during her graduate program where she studied exercise and its impact on the gut microbiome.

Premise Health®



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole Food Plant Based
12:00 p.m. CST



Hava Ungar, MPH, RDN, CDCES

Registered Dietitian

Hava Ungar holds a Master of Public Health in nutrition from the University of California Berkeley. She completed her dietetic training (RDN) with San Francisco State University and Kaiser hospitals. She holds a Bachelor of Science in Business Administration from Washington University in St. Louis. Her food philosophy is focused on making small changes to include more whole food into your life.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Morning Meditation

10:30 a.m. CST



Ashley Onstott

Fitness Manager

Ashley entered the fitness industry in 2002 in New York, New York as a Personal Trainer after completing her Bachelor of Fine Arts in Ballet and dancing as a professional ballerina for 5 years. While working in the fitness industry she completed her Master's in Exercise Science and Health Promotion, she is also a certified Medical Exercise Specialist and a certified Health Coach both through the American Council on Exercise. As a fitness professional for nearly 20 years, Ashley has seen first-hand the myriad of benefits associated with mind/body training. She has furthered her education in this realm through certifications in Yoga and Pilates as well as specialized training in the power of deep breathing. Ashley has collaborated with other industry professionals to create corporate-based mindfulness programs and is a member of the Premise Health Virtual Meditation Team.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Yoga
3:30 p.m. CST



Stephen Al Sheikhli

Yoga Instructor

Stephen was an inflexible runner when he began practicing yoga in 2007. A year later, he completed his teacher training and has since taught at yoga studios and for companies across the Triangle region in NC.

Over the years, Stephen has studied with several master yoga teachers. He has practiced and taught a range of yoga styles, including vinyasa, hatha, gentle and restorative, as well as chair yoga and meditation. He encourages students to be patient and persistent as they work to build strength and flexibility and fully reap the benefits a yoga practice offers.

