

Healthcare Session Speaker Bios

1. **Peter Stanton – Executive Director Stanton Home**

Peter Stanton has an MS from Bastyr University, Massachusetts RD LDN from Keene State College. From childhood, Peter has shared his entire life with people with special needs and is deeply committed to the future of Stanton Home. He is a certified dietician and nutritionist and is also the founder of The Nutrition Center in the Berkshires of MA.

Stanton Home History - Nick and Andrea Stanton worked and raised their family in Camphill Special Schools at Beaver Run in Pennsylvania. This was a life changing experience for them, and the work became their life mission. After 16 years there Nick and Andrea were ready for a new challenge. Their commitment was to young people with disabilities who needed places to live, so they followed their destiny, packed up their five children and all their belongings and headed north to the Berkshires. They bought a fabulous farm and created Stanton Home. That's the short version. The details of how things unfolded include a miracle and a lot of hard work. Their approach to caregiving unites people with special needs with the volunteers and caregivers who support them. This model provides residential care in addition to daily therapeutic and skill building activities.

Nick and Andrea retired in 2013 and their son Peter Stanton became the director of Stanton Home. Under Peter's watch Stanton Home has continued to grow and thrive.

2. **Renee Tassone – Founder, Eat to Total Health**

In 2010 I was diagnosed with Celiac Disease. This diagnosis came after years of odd illnesses that none of my doctors could figure out. Finally, I ended up in the Emergency and all tests came back positive for Celiac Disease. The Doctor said he was 100% sure I had the disease which I had never even heard of before. He explained the seriousness of the disease and encouraged me to go gluten free right away.

I started reading everything I could about the disease and helping people transition to a gluten free life. Then a few months in to my new gluten free lifestyle my symptoms started to reappear so I decided to do a diet cleanse. Again, I read everything I could about different cleanses, there are thousands of them. I knew I did not want to starve myself, I did not want to be in the bathroom all day, and I did not want to take supplements that cost hundreds of dollars. I could not find one I liked so I created my own by piecing a few together. My first cleanse was a 28 day healthy, nutritional cleanse which I started on October 4, 2011. This cleanse changed my life. I felt even more incredible with tons of energy. Through this cleanse I also found out that I was allergic to soy. I now stick to a plant based, whole food diet. I do not eat anything from an animal and I do not eat anything with a label. I started reading about plant based diets and was shocked at the information I found. There is such a huge connection between the food we eat and the way we feel.

To date I have helped thousands of people all over the country through a cleanse and adopt an eating plan that I customize to fit their health needs and goals. The results have been amazing. In 2016 my work really

started to shift and I was able to help people in their work & life paths and family & relationships. I can connect people with their loved ones who have passed and I am able to assist people with the death and dying process making the person more comfortable and at ease about the entire process.

3. Bill Bradley – Owner, Bradley Presents

Bill Bradley is a Registered Dietitian, Fitness Instructor, lecturer and writer. He has led over 1,200 workshops including many on the health benefits of Mediterranean cuisine and lifestyle.

Recently, Bill went to the island of Crete to research the traditional cooking techniques of the healthiest people in the world. He currently completed his second cookbook, *Foods of Crete: Traditional Recipes from the Healthiest People in the World*. His first book, *Things to do With Black Bean Stew* is in its third printing.

4. Angessa Lynn Hughmanick - Business Development Manager, Zogics

Angessa received her BFA in Classical Ballet and Modern Dance from The Boston Conservatory and holds an MBA in Finance & Entrepreneurship from Syracuse University. Some of her theatre credits include, “42nd Street”, “The King and I”, and “Will Roger’s Follies”. She has also starred in productions such as Curtain Call’s, “Dancing with the Stars”, “The Nutcracker” at the Lake Placid Olympic arena, “NYC Jazz Choreography Project” at Alvin Ailey; and has toured Europe as a Principal dancer under the direction of Judy Williams Henry. Angessa is avid supporter, donor and alumni of The School at Jacob’s Pillow. Aside from teaching many dance techniques, she holds certifications in Barre, Ballroom, ClubVibe and Yapana Chair Yoga. Throughout her professional career she has received various scholarships and Sales Awards in Business Development.

5. Dominica D’Avella - Founder, I.D.E.A.L.

I.D.E.A.L. Health & Wellness Solutions was founded to facilitate greater understanding of the powerful role of daily lifestyle habits in health outcomes. We are deeply committed to empowering individuals to take control of their health, as well as helping organizations optimize their workplace wellness efforts for mutual benefit to employer and employee.

Dominica D’Avella, founder of I.D.E.A.L., holds a B.A. in Theory of Health Behavior from Swarthmore College. In addition to graduate work in Kinesiology and Nutrition, she has completed a Clinical Training in Mind-Body Medicine through Harvard Medical School’s CE program. Some of Dominica’s other training includes specializations in barefoot training, corrective exercise, functional aging/senior fitness, functional movement screening, golf fitness, MELT method, muscle activation techniques, natural movement, and worksite health promotion.