

1BERKSHIRE

BERKSHIRE LEADERSHIP PROGRAM

Healthcare Session Biographies May 2, 2019

Dr. Cynthia Geyer, MD, Medical Director, Canyon Ranch Lenox

Dr. Cindy Geyer received her bachelor of science and her doctor of medicine degrees, with honors, from the Ohio State University. She completed her residency in internal medicine at Strong Memorial Hospital in Rochester, N.Y. and is triple board certified in internal medicine, integrative medicine and lifestyle medicine. She is the medical director at Canyon Ranch where she has practiced for 21 years. Dr. Geyer is also one of the core faculty members at The Center for Mind-Body Medicine's (CMBM) "Food as Medicine" conference, teaching physicians and other health care professionals how to use food and lifestyle to address health concerns in their own lives and those of their patients. She has served on the Board of Directors for the American College of Lifestyle Medicine and is the case series editor for the American Journal of Lifestyle Medicine.

A clinician, educator, and mother, she is passionate about collaborative approaches to health and wellness: from the integrative team model in working with individual patients to community partnerships that together can effect healthy changes in the places people live and work. She loves walking and hiking, participating in the Massachusetts chapter of Cystic Fibrosis annual Xtreme Hike: traversing 25 miles in one day to raise funds and awareness for cystic fibrosis research. Her other passions include both designing and creating jewelry, honing her skills on the djembe, and listening to her sons play music.

Michelle Juneau, MS, Operation Better Start, Berkshire Health Systems

Michelle is a UMass -Amherst Dietetic Intern completing the community rotation of her internship with Operation Better Start.

Lisa Kuczarski, RDN - Operation Better Start, Berkshire Health Systems

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Lisa is a Registered Outpatient Pediatric Dietitian with Operation Better Start at Berkshire Health System. Lisa completed her Dietetic Internship at Medical College of Virginia and holds a B.S. in Nutritional Science from the University of Rhode Island.

Sara Castro Ledo, The Nutrition Center

Graduated in both, Pharmaceutical and Dietetics studies by University of Navarra, Spain. The combination of these two sciences allowed me to understand how important food and medication are in order to prevent, maintain or cure a clinical status. My internships in Pharmacy and Nutrition gave the opportunity to apply my knowledge to the population, learning how to communicate depending on the age range, medical condition or mental development.

Maggie O'Mara, MS, RDN, Canyon Ranch

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Maggie O'Mara MS, RD is a demonstration chef at Canyon Ranch. She received her MS from St. Louis University. Maggie has extensive experience in the culinary arts and has worked where wellness meets the culinary arts for the majority of her career.

Dr. Mark Pettus, MD, Internist & Nephrologist, Berkshire Health Systems

(413) 499-2054

Dr. Mark Pettus is a triple-board certified Internist, Nephrologist, and Integrative Medicine physician practicing for over 25 years. He received his A.B. from Boston University and his M.D. from the University of Massachusetts Medical School. His postdoctoral training was at Harvard Medical School. He completed his renal fellowship at The Massachusetts General Hospital in Boston. Dr. Pettus is also an alumnus of The Advanced Program for Conflict Resolution, Negotiation, and Mediation at The Harvard School of Public Health.

Dr. Pettus currently serves as the Director of Medical Education, Wellness and Population Health at Berkshire Health Systems in western Massachusetts. In addition, he serves as The Associate Dean of Medical Education at The University of Massachusetts Medical School. He is the author of two books, *The Savvy Patient: The Ultimate Advocate for Quality Health Care* and *It's All in Your Head: Change Your Mind, Change Your Health*. He serves on the teaching faculty at The Center for Mind-Body Medicine based in Washington D.C. and The Meditation Institute in Averill Park NY.

Dr. Pettus has appeared on numerous TV and Radio venues nationally including the 700 Club, Good Morning America, NPR and PBS. His podcast, *The Health Edge* is heard by people all over the world.

Dr. Pettus is the 2018 recipient of The National Institute of Wellness' Halbert Dunn MD, PhD Award. The National Wellness Institute's Halbert L. Dunn Wellness Award is the most prestigious award presented by the National Wellness Institute and is regarded as one of the highest honors in the health promotion and wellness fields. Recipients of the award have shown a dedication to wellness over the course of their lifetime, making many significant contributions and offering leadership that furthered the field of wellness.

In addition, Dr. Pettus was recognized by the Massachusetts State Senate in 2018 for his leadership in Population-Community Health in Berkshire County, Massachusetts.

Liz Weibrecht, Food Adventure Coordinator/Program Manager, The Nutrition Center

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Liz's passion for nutrition and whole foods began in childhood, organic gardening with her father. She has taught Growing Healthy Kids, a preschool food nutrition program in Sarasota, FL, introducing whole foods to younger children and emphasizing the importance of physical activity. The foundation of Liz's teaching style is understanding whole ingredients which makes them more accessible and easy to prepare, and maximizes nutrition. Liz manages and teaches Food Adventures, is a preceptor for Dietetic Interns and writes and manages grant requirements. Liz's background includes office management, nonprofit management and volunteer coordination.