

## Meet the NCE Instructors

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**Juanita Allen Kingsley** is the owner of Allen Kingsley--Lifelong Learning Essentials. She has a Bachelor of Science degree in Business Administration from Boston University. She completed her EMT training at Northeastern University and received Wilderness EMT Certification through Mountain Aid Training International. A health educator, she trains more than 2,000 people in the MetroWest region annually through her First Aid, Wilderness First Aid, CPR and AED classes in addition to the variety of health and safety programs she teaches. Juanita has successfully created and facilitated various programs aimed at providing individuals of varying ages and backgrounds the necessary education and tools to foster effective and positive social development. Juanita serves as an instructor and instructor- trainer with ASHI (American Safety and Health Institute), the American Heart Association, and the National Safety Council.

**Bob Baker** is a retired Needham High School teacher who currently teaches US Government and Politics at Fitchburg State University, Bridgewater State University, St. Joseph's College of Maine and Western Kentucky University. Bob has published numerous curriculums and historical narratives.

**Holli Bassin** is a Functional Medicine Health Coach, Author, and Speaker. She works with individuals who have IBS and are frustrated with their health. Holli helps her clients find the root causes of chronic symptoms by putting puzzle pieces together to reverse disease. Inspired by her daughter's success overcoming life-threatening food allergies through desensitization, in 2015 Holli became a certified Integrative Nutrition Health Coach and in 2017 published her book, *From Anaphylaxis to Buttercream*.

**Barry Bridgelal** was born and raised until the age of 8 on the island of Trinidad. His family then moved to Boston. His years living in a cosmopolitan city, coupled with his multicultural background, fostered Barry's proclivity for foreign languages. He has studied more than ten different languages! After undergraduate and post graduate studies at Tufts University and King's College, Barry started his teaching career. For the past 13 years, Barry has been teaching all levels of French, Italian and Spanish at area institutes and universities. In the classroom, he strives to show how a new language provides a new vision on life.

**Chelsea Brown** created the felt pumpkin sculptures featured on promotional materials for the current NCE Adult session. She is a self-taught wool artist and art instructor who studied textile design and drafting at MassArt. Her wool creations can be found in her Etsy store, Kekii Crafts: [Etsy.com/shop/kekiiicrafts](https://www.etsy.com/shop/kekiiicrafts). You may see Chelsea selling her creations at craft markets throughout New England. Follow Chelsea on Instagram: @kekii\_crafts.

**Eddie Bruckner** is a professional artist who creates original acrylic abstract paintings and teaches personalized, in-home art lessons for all ages. He has a BA from Brandeis University, two master's degrees, and is a Grumbacher certified art instructor. His paintings have been exhibited in galleries on Newbury Street in Boston, and in NYC and Providence. Eddie's artwork has been selected for many prestigious juried art shows, including Cambridge Art Association's National Prize Show and Connecticut Academy of Fine Arts Annual Juried Exhibition. For more info, go to [www.EddieBruckner.com](http://www.EddieBruckner.com).

**Karen Carter, CPC, ELI-MP** is a professional certified life coach specializing in empowerment coaching. She truly loves helping people achieve the life they desire. Karen helps people restore hope, purpose and balance back into their lives.

**Kelly Condon** teaches English Language Learners at the Sunita Williams Elementary School in Needham. She holds a Masters of Education from Framingham State University and a BA in Spanish and Psychology from Providence College. Kelly has a passion for languages, culture and travel. Follow Kelly on Twitter @kellycondon.

**David Craft** graduated from Brown University in 1996 with a degree in Mechanical Engineering. After a 2-year stint at General Electric Research and Development, and a year teaching high school math, he returned to graduate school at MIT and earned his PH.D. in Operations Research (a branch of applied mathematics) in 2004. Since that time, David has been working in the field of optimization of radiation therapy for cancer treatment at MGH. He is an avid collector of edible plants and mushrooms, and every year leads many foraging tours in the New England area. He has also written a book on the topic, entitle *Urban Foraging*.

**Marilyn Cruickshank**, a Needham resident, is the owner of Creative Simplicity Organizing & Productivity, LLC. Since 2009, she has helped individuals and families declutter, downsize and get organized. Marilyn is a Golden Circle member of the National Association of Productivity and Organizing Professionals (NAPO).

**Kris DeGraw Dana** has served as Director of Volunteer Services for many organizations, including ESPN X Games, Boston Marathon, Brigham and Women's Hospital, Boston Symphony Orchestra, and the Needham Community Council. She has also given hundreds of talks, workshops and trainings related to volunteering. As an adjunct professor at Simmons College, Kris teaches volunteer management, engagement and programming.

**Nancy Dickinson** is principal of Dickinson Architects in Concord, MA. She is a Registered Architect with over 25 years of experience and has specialized in residential design for the past 20 years.

**David Dirks** is co-founder of the financial advisory firm Plum Street Advisors ([www.plumstreetadvisors.com](http://www.plumstreetadvisors.com)). Previously, David was a Managing Director at Mellon Capital (a subsidiary of BNY Mellon) and a consultant at McKinsey & Company. David holds a degree in Economics from Stanford University and a Master's degree from the Kellogg Graduate School of Management at Northwestern. He lives in Needham with his wife Katy and their four children. In his free time, he pretends to be a farmer, tending the family's chickens, miniature horses, and rabbits.

**Anita Doar** is a former high school English teacher with a BA from Princeton and an MA from Middlebury. On hiatus from the classroom while raising three very young children, she founded and runs WriteUp Coaching, a college and grad school application coaching business, and she also serves as a book club facilitator.

**Michael Dodd, Ph.D.** is a Child/Family Psychologist who has been practicing in Needham for over 31 years. He has a grown son and daughter who were raised and educated in the Needham Public Schools and he recently became an empty-nester. In addition to his private practice, Michael has invested 15 years consulting to schools, including the Charles River School, the Lesley Ellis School, and Watertown and Wellesley Public Schools. He is a retired instructor of Psychology at Harvard Medical School, and has been providing parent education talks which are described as helpful and entertaining.

**Bruce Eisenhut** is a long-time cycling enthusiast. He is a founding member of North Shore Cyclists, and is a member and volunteer with Charles River Wheelers. Bruce is a League of American Cyclists Certified Bicycle Safety and Riding Instructor.

**Kristine Freeman** is an Ashram Certified Mantra Meditation Teacher who serves as a modern day representative of an ancient tradition. She has been practicing Svaroopaa® Yoga and Meditation for over 15 years. Kristine serves on the board of Svaroopaa Vidya Ashram and holds a BA in Rhetoric from Bates College.

**Julie Frost** is the Technology Integration Specialist at the Broadmeadow School in Needham. She is also a mom to two energetic kids and enjoys spending her summers hiking, searching for shells at the beach, and reading.

**Diana Garcia-Martinez, M.S.**, is TEFL certified and has over 10 years of experience teaching languages including Spanish, French and ESL. Diana, a long-time Needham resident, taught both group and private Spanish and French classes at the Boston Language Institute. She has taught Spanish to business executives and other professionals with technical and other backgrounds, across a wide spectrum of language proficiencies. Corporate clients include, among others, Dunkin Donuts, Banco Santander, Trip Advisor, and Ocean Spray. Diana completed her undergraduate studies at the National Polytechnic Institute in Mexico City and obtained her Master's degree at MIT.

**Jill Geiger** has been teaching the Alexander Technique since 1990. She is certified by AmSAT and STAT and also holds a BS in Education and Psychology. Jill enjoys working with individuals of all ages and finds teaching very satisfying because of the lasting changes that typically occur. For more information please visit her website: [www.AlexanderTechniqueInstruction.com](http://www.AlexanderTechniqueInstruction.com).

**Jay Gonzalez** was the 2018 Democratic nominee for Governor of Massachusetts, and he served as a cabinet secretary for Governor Deval Patrick. As the Secretary of Administration and Finance for the Commonwealth of Massachusetts, Jay was responsible for managing the state budget during the Great Recession, overseeing 18 state agencies, and serving on various state boards and commissions. Jay is currently a partner at the law firm Hinckley Allen where he specializes in public finance and helps governments finance capital projects. Jay lives in Needham with his wife, Cyndi, and has two daughters, Isabel and Abby.

**Jori Grossack** is an avid bridge player, having earned over 2500 master points. She teaches bridge in many local venues, bringing enthusiasm and fun into the classroom. She is both a committed teacher and student of the game she loves.

**Elizabeth Handler** has been researching her ancestry for over 25 years and her husband's Jewish ancestry for almost as long. She holds the Boston University Certificate in Genealogical Research and is a member of several genealogical organizations. She first took a DNA test in late 2011 and has tested her DNA (as well as DNA of family members) at all four of the major DNA testing sites. She has been blogging about family history at From Maine to Kentucky (<https://frommainetokentucky.blogspot.com/>) and A Jewish Genealogy Journey (<https://jewishgenealogyjourney.blogspot.com/>) since 2011.

**Heather Harris** is a counselor at Needham High School. In addition, she has also founded a non-profit organization in Dublin and has extensive experience travelling, volunteering and facilitating art projects throughout Ireland and Northern Ireland.

**Max Hekler** has taught English at Needham High School for 20 years, including classes on American Literature, Film, Theater Arts and the Humanities.

**Jane Hirschhorn** is a Boston-area private writing coach with more than 20 years of experience working with students both in her neighborhood and around the world. She has taught English in a variety of public and independent schools, including the Landmark School, a school for students diagnosed with learning challenges. For the past five years, Jane has worked with high school seniors on their college application essays. For more information about Jane, visit her website at [jbhtutoring.com](http://jbhtutoring.com).

**Samantha (Sam) Hoff** is a certified yoga teacher who has been a Needhamite since birth. She first tried yoga as a teen and returned to her mat as an adult while navigating a difficult career transition. She found that practicing yoga asana, breath work and meditation, provided not only physical benefits, but also helped her to tame her anxiety, enabling her to be more present both on and off her mat. Sam strives to show her students that yoga offers much more than a way to become more flexible or fit. She is known for her clear, precise cueing that enables you to flow with your eyes closed (if you choose) while emphasizing alignment throughout her "all levels" classes. Her classes provide a place to explore and find a balance between challenging yourself and caring for yourself through breath and movement. Off the mat, Sam

enjoys telling her two dogs how adorable they are, traveling, cooking, and hiking. She holds an undergraduate degree and a MBA from Babson College.

**Will Kamp** has a voice you have probably heard on TV and radio. As a successful voice-over artist, actor, and comedy improv performer, Will has done voice work ranging from Honda radio commercials to on-camera work for nationally recognized TV stations. He has also been nominated “Best Comedic Actor.”

**Peter Kane** is a mechanical design engineer and high school science teacher with a broad knowledge of climate change science and energy systems. He worked in the solar field for almost two decades, prior to switching careers to become a teacher, and served as the chair of the Westwood Environmental Action Committee for five years. Peter is passionate about environmental issues and is eager to share his knowledge with others. He has recently gone back to school for a master’s degree in education and has been teaching physics and environmental science at Norfolk County Agricultural High School in Walpole.

**Sharon Katz** has a Master’s in Education from Boston University, and has worked with children and adult learners for more than 25 years. Sharon has taught Elementary Math, Reading Comprehension, Written Expression, and Executive Functioning Study Skills at independent schools in RI, CT and MA. She has lived in Needham with her family for the past 12 years. Sharon is a game enthusiast who loves to read, practice yoga (especially on the beach) and take walks with her dog. She has played Mah Jongg for more than a decade and has been teaching the game for the past several years. Sharon relishes the opportunity to fuse her passion for the game of Mah Jongg with her professional training as an educator.

**Bernie Keaveney** was raised on a farm in rural western Ireland. She has always possessed an affinity for wonderful food and believes in the farm-to-table approach. Bernie pursued other careers before realizing that the restaurant industry had the pulse she desired. La Morra was where Bernie eventually found her footing. Bernie has received her ‘Italian Wine Specialist’ qualification from the North American Sommelier Association and her Advanced Certification from The Wine & Spirit Trust. Bernie and Jen carefully select wines from Italian producers who hold similar values and believe in meeting the wine makers and their families to really appreciate their passion.

**Terry Kitchen** is an award-winning songwriter and recording artist with over twenty years' experience in the music business. His songs have won the USA and Mid-Atlantic song contests, been runner up in the John Lennon song contest, and been recorded by numerous artists in addition to his own recordings. They have also appeared in numerous films. Terry has taught songwriting at workshops, conferences and music festivals across the U.S. Learn more about Terry at [www.terrykitchen.com](http://www.terrykitchen.com).

**Hila Krikov** was born and raised in Israel in a home filled with the aroma of freshly made goods. After arriving in the US, first to a small town in Texas, she missed her homeland and memorable childhood flavors and began to experiment with Middle Eastern and Mediterranean ingredients and cooking techniques. In 2017, she founded Sweet Tahini--a food company that handcrafts tahini goods using nutritious Mediterranean pantry staples, and hosts cooking and dining events, sharing Israeli food and culture.

**Jacky Lamenzo** is a children’s book author who teaches others the process of writing and publishing their own books. Jackie’s website is [www.jackylamenzo.com](http://www.jackylamenzo.com).

**Dan Levine** has long thought that teaching students how to learn—study skills, organizational skills, time-management skills—is as important, if not more important, than teaching pure content. He firmly believes that if, as educators, we provide students with the right tools and learning strategies, combined with content support, we can help students more effectively and efficiently achieve their full potential. In November 2010, with the support of several outstanding educators, Dan’s vision became the foundation of Engaging Minds. Dan often says: “Engaging Minds is much more than tutoring and academic coaching. It’s tools for learning and skills for life.” Dan has an MBA degree from Boston University and a bachelor's degree from Connecticut College. He has worked as a marketing consultant and in schools for more than 20 years, and he began working on growing Engaging Minds full-time in 2011. Dan grew up in Newton and

attended the Newton public schools. He is married to a first-grade teacher, Julie, and they live in Needham with their daughter, Molly, and son, Zach.

**Howard Loewinger** has been working with computers his entire career, as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years. Since retiring from that position in 2010, he has taught IT courses at a community college, and classes for adults and children in a local community education program.

**Paul Malagrifa** is a Certified Wine Educator who has been avidly pursuing his passion for wine for well over 20 years. A winemaking hobby begun in the 1980s spurred him to begin collecting and studying the wine making of others. Paul writes, teaches and lectures frequently on the topic of wine appreciation, and conducts regular wine education classes and seminars in the greater Boston area. His website, [www.musingsonthevine.com](http://www.musingsonthevine.com), aims to share his passion about wine, strip away the mysteries surrounding wine, and provide a resource for those “who just want to be able to buy a decent wine to drink with dinner tonight.”

**Sam Marvin** is a senior instructor at Rob's Guitar School. An active musician for the past 18 years, Sam has been teaching Guitar, Ukulele and Music Theory privately for the past 7 years. He excels at teaching beginner guitar and ukulele to kids and adults. Sam holds a BA in Music from Boston College and a Master's Degree in Ethnomusicology from the University of Chicago.

**Dan Matthews** is a longtime Needham Select Board Member, Attorney, and Former Norfolk County Director of Operations.

**Len May** is a graduate of MIT's Sloan School of Management. He transitioned to a career in long-term care planning and insurance after he saw the consequences of both of his parents needing extended care. Len is an independent, certified long-term care specialist. He shares his expertise by conducting seminars for consumers and by consulting with financial professionals to assist them with their clients. Len may be reached at [lenmay@alum.mit.edu](mailto:lenmay@alum.mit.edu).

**Sally Meding** is a signature member of the Southwestern Watercolor Society, and a native of London, UK. She earned a PhD in Freiburg, Germany and immigrated to the United States in 1990. Sally creates semi-abstract work in watercolor on paper, and has won numerous awards for her work, including first place in November of 2014 in the Rhode Island Watercolor Society Open Juried Exhibition. She also teaches beginning and intermediate watercolor and graphite drawing classes at 5 Crows Gallery in Natick, Keefe Tech in Framingham, and The Post Road Art Center in Marlborough, MA. For more information and to view Sally's artwork, go to [www.sallymeding.com](http://www.sallymeding.com).

**Alexandria Nadworny, CFP<sup>®</sup>, CTFA** began her advisory career working with traditional clients on retirement planning and earned her Certified Financial Planner<sup>™</sup> credential. She joined Special Needs Financial Planning, continuing her own general wealth management practice and having a key role on the Special Needs Financial Planning team, working with client families to educate and advise the next generation of family members. She has been featured as a speaker and in the media on this topic. As a sister and future guardian of her brother, Alex has a deep understanding of all of the roles and responsibilities that may need to be filled one day. Understanding that no one can replace a parent, Alex created a program called A Team to Carry On; a succession plan for parents of adult children with a disability. She is an active participant in several organizations and fundraisers designed to benefit individuals with disabilities. Currently, Alex works as a Certified Financial Planner<sup>™</sup> at Affinia Financial Group.

**Joanne Neale** is a former attorney and the owner of Needham-based Garden Mentor<sup>SM</sup>. Since 2000, she has provided over 600 Metrowest homeowners with garden designs, consulting on plant identification and care, and personal plant shopping services. Her gardening philosophy is based on low maintenance, sustainability and organic methods. Joanne was a speaker at the 2017 Boston Flower and Garden Show and has been featured on *WHDH 7* and in the *Boston Globe*, *Needham Times*, and

*Improper Bostonian*. Her articles on plants and gardening have been published in *PITH + VIGOR*, and she has won awards for her garden photography. Her Needham landscape, with woodland garden, mini-meadow, raised perennial beds and extensive bulb plantings, was included on the first Needham Women's Club Garden Tour in 2012.

**Carol Oberle** is a Certified Yoga Instructor who has been practicing yoga and teaching yoga to adults in various local settings for many years.

**Sara O'Brien** received her 200 hours training through CorePower Yoga in Newton. She began using yoga as a way to build strength in the body and soon found it also enabled her to find clarity and strength of mind. When life seems uncertain and chaotic, she finds structure and stability in yoga. The beautiful entwining of the individual and the community, of strength and fluidity, and of body and mind encourage her practice and her path. Her classes focus on the unity of breath and movement, flowing through thoughtful sequences aimed to strengthen and deepen each student's practice. Her teaching style is accessible and caters to students at any ability level.

**Yelena Perchanok** lives in Needham, along with her husband, two kids and two conures. She is a Quality Engineer by daytime and follows her passion as a stylist in her free time. Yelena also volunteers at Dress for Success in Worcester, MA and enjoys helping others to look their best.

**Mindy Popp**, the managing director and principal consultant of Popp & Associates, LLC, has worked in various positions with college and secondary school students, including college counseling, college admissions and financial aid, residential life, teaching and advising for 20+ years. Ms. Popp's school-based counseling roles include serving as a long-term substitute school counselor at the Advanced Math and Science Academy Charter School and as the Associate Director of College Counseling at The Cambridge School of Weston. Prior to working as a school college counselor, she served as the college counselor for Chyten Educational Services. Before joining the staff at Chyten, Ms. Popp worked as a Senior Assistant Director of Admission at Wellesley College. During her tenure there, Ms. Popp developed a comprehensive understanding of critical factors considered and emphasized in the college application process. She reviewed applications for admission, conducted student interviews, facilitated information sessions for students and families, advised Board of Admission student volunteers, and coordinated open house events. Ms. Popp is a member of professional organizations including the New England Association for College Admission Counseling ([NEACAC](#)), the National Association for College Admission Counseling ([NACAC](#)) and the Independent Educational Consultants Association ([IECA](#)). Ms. Popp is a graduate of [Tufts University](#) and the [Harvard Graduate School of Education](#). You can contact Mindy at [mpopp@popppandassociates.com](mailto:mpopp@popppandassociates.com), and learn more from her website: <http://www.poppandassociates.com>.

**Brooke Reilly OTR/L, CLC, PMH-C** is an occupational therapist specializing in women's health. Her practice is primarily focused on treating women who struggle with pelvic floor dysfunction. Brooke helps expecting mothers prepare physically and mentally for birth and early postpartum. She offers postpartum rehabilitation involving physical recovery from pregnancy and birth, emotional support for the major transitions of motherhood, lactation counseling, and lots of education on anatomy, body systems, and how they function/influence one another. In addition to perinatal health, Brooke works with peri and post-menopausal women in optimizing their pelvis' main functions: continence, support, shock absorption, and sexual function, so they can keep living the life they want to lead.

**Cory Rhoades, Esq.** is Senior Counsel with D'Ambrosio Brown LLP and handles a wide variety of estate planning, real estate, and business succession needs for his clients. His estate planning and probate work involves drafting estate plans at all asset levels, ranging from basic estate documents to complex trusts. Additionally, he often works in the probate courts of the Commonwealth, handling estates, guardianships and conservatorships. Cory lives in Needham with his wife and two daughters.

**Taylor Roland** is a composer with a comprehensive background in teaching, audio design, performance, composition, arranging, and choral direction. He has composed more than nine hundred pieces for the concert hall, advertisements, audio books and video games.

**Ben Sexton** began tutoring for SAT in 2003, his senior year in college, and has worked in the field ever since. He founded Sexton Test Prep in 2005, and now has a team of 20 employees who help him with test preparation and tutoring in a range of academic subjects.

**Steffi Shapiro** has both a MSW and is a R.Y.T. (Registered Yoga Teacher), and is the founder and director of The Well Street Station in Watertown. She has combined her background in social work and yoga to work in various settings for over 30 years. She currently teaches at several senior centers and senior facilities in the area. She is a member of both the Mass Yoga Network and national Yoga Alliance, and often presents workshops at national conferences.

**Beverly Hoffman Shire** has been a game enthusiast her entire life. Now retired from a career as a teacher, principal and special education administrator, Beverly has more time to pursue her passion for games and to teach others how to play some of her favorites, which include Mah Jongg and Canasta. Bev's daughter, Emily, a seasoned Canasta player, will be assisting in the class.

**Eric Stutman** is owner of Needham-based *Top Choice College Consulting*, helping families navigate the college admissions process including college lists, financial aid, essays and applications.

**Judith A. Swack, Ph.D.**, originator of Healing from the Body Level Up™ methodology, is a Biochemist/Immunologist, Master NLP Practitioner, Certified Hypnotherapist, Mind/Body Healer, visionary and leader in the field of Energy Psychology. Dr. Swack has presented her dramatic results live on national television and at international conferences. She has published numerous articles in scientific, professional, and popular journals. Dr. Swack is among the authors of best-selling book, *Success Starts Today*, a collaboration of expert advice on achieving success anchored by Jack Canfield. She also authored a chapter "Healing from the Body Level Up" in the industry-defining publication, [Energy Psychology in Psychotherapy: A Comprehensive Source Book](#). Dr. Swack is a recipient of the 2015 ACEP award for major contribution to the field of Energy Psychology. She offers trainings both nationally and abroad. Dr. Swack has a private practice in Needham, MA. She and her associates offer individual client sessions in person, by Skype or by telephone. For more information please see her website [www.hblu.org](http://www.hblu.org).

**Alan Tauber** of DrumConnection, is a gifted percussionist, musician, facilitator and educator who has spent over 40 years sharing his passion for drumming and healing with the worldwide community. He and his teachers have the skills to help you be a good drummer.

**Lulu Tsai** is a seasoned Zumba instructor, teaching in Newton and Needham. She enjoys being a Zumba instructor because it is such a fun cardio exercise for all levels. She welcomes experienced and novice Zumba exercisers in her programs. Come join the party!

**Jennifer Tuttelman**, MS, RD, SNS is a registered dietitian and school nutrition specialist. She works for the Needham Public Schools' Nutrition Department as the Nutrition Outreach Coordinator, promoting healthy eating for the entire Needham School community. In addition to her passion for healthy food and cooking, Jen has a crafty side. She has made a variety of beaded jewelry over the years, selling her items in boutiques in Florida and the Cape. Jen is always looking for new jewelry pieces to create to keep up with the current styles.

**Ted Villa** is a husband, father, runner and small business owner with a passion for preparing food with the help of omnipresent, beneficial bacteria and yeasts.

**Daniel Williams**, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in *Boston Magazine* and *The Wall Street Journal*.

**Peter Yaffe** is a retired financial adviser and lifelong Newton resident. He has and has been a teacher of The Stock Market Game class for kids for more than 13 years and for adults for 7 years. He enjoys

sharing his inside knowledge of the industry and his students have had impressive results in The Stock Market Game winning the state competition twice.

**Joelle Young** has an MSc in Environmental Anthropology, is a dance instructor at local studios, and a Master Trainer with RAQ THE BARRE™ by Raqisa®. She has been a dancer since the age of 3, training in ballet, pointe, tap, jazz, contemporary, and belly dance! Joelle is also a USFSA figure skater, who grew up competing in singles, synchronized skating, and theatre on ice. As a dancer and figure skater, Joelle is aware of the benefits of dance and fitness for building strength, musicality, body awareness, and artistry and how the skills learned in these spaces can be transferred to all areas of life. Joelle strives to be a life-long learner in dance and uses the experiences she has had to create a positive, fun, and motivating environment where her students can confidently embrace the challenges and joys of dancing and fitness!

**Jen Ziskin** is director and co-owner of La Morra and Heritage of Sherborn with her husband Josh. Jen was initiated into the restaurant business when she was fifteen years old and is familiar with all aspects of the industry. Jen and Josh opened La Morra in 2003, named after the small village they lived and trained in after they were married. La Morra, Boston Magazine's Best Italian Restaurant in 2015, and The Improper Bostonian's Best Italian restaurant in 2016 has earned a well-deserved reputation in Greater Boston for authentic Northern Italian cuisine. In 2015, Jen and Josh opened Heritage of Sherborn. Taking everything she loves about the hospitality business and putting it all under one roof, Jen has designed the perfect space to host weddings, functions, and wine dinners. Jen is known for her personal relationships with small family-owned and operated vineyards all over the world. She received a certification as an Italian Wine Specialist from the North American Sommelier Association, passed her Level 1 Exam for the Court of Master Sommelier and completed her Advanced for The Wine & Spirit Trust.

**Josh Ziskin** has earned a well-deserved reputation in Greater Boston for his authentic Northern Italian cuisine, which he's served for over 16 years at La Morra in Brookline. Josh spent a year in the Piedmont region of Italy where he cooked at the highly regarded Ristorante Belvedere, and studied the food of Northern Italy. La Morra has been a local favorite since 2003, and a destination for lovers of authentic Italian cuisine. In 2015, Josh and his wife Jen purchased and restored The Sherborn Inn and created Heritage of Sherborn. Josh has brought a seasonal menu inspired by farm fresh local ingredients to Heritage of Sherborn. He focuses on the rich, satisfying flavors of New England in the casual comfort of the Gastro-Pub and creates tasting menus monthly to compliment wine dinners and special events in the elegant fine-dining room. Heritage also has a Coffee, Wine and Provisions Shop, 4 guest rooms, five private dining spaces (including a large wedding venue), an outdoor patio and offers full-service catering.