

# TEACHER BIOS

**Juanita Allen Kingsley** is Director of Community Health and Wellness for Century Health Systems, part of the Natick Visiting Nurse Association. Juanita became a licensed EMT in 2001 and trains more than 2,000 people in the Metro West region annually through her First Aid, CPR and AED classes, in addition to the variety of health and safety programs she teaches.

**Nanci Cahalane** is a certified AFAA Personal Trainer and Fitness Counselor with more than 18 years of personal training experience. She was an MIAA Certified Coach and has competed in numerous marathons during her 35 years of running and racing experience.

**Laura Conner** comes to Medway with a background in graphic design and art education. Laura has been teaching art for five years and is currently an art teacher at Medway Middle School. When she is not teaching, she can be found coaching track, running, painting with oils and creating mosaics.

**John Dansereau** is a Fourth Degree Black Belt and also certified by New England School of Tai Chi, which is a division of Chinese Medicine for Health. He has been teaching for over 20 years.

**Melanie Dawson** received a BA in Early Childhood Education and Special Needs from Boston College and has a Master's Degree in Elementary Education from the University of Connecticut. Melanie, a former Kindergarten teacher, currently runs Preschool Programs through Medway Community Education and is the Camp Director at Summer Adventures Camp at Choate Park.

**Kelly DuBois** is a certified Boot Camp instructor and personal trainer who teaches one-hour, total body workouts, both indoors and outdoors, and personal training sessions for clients of all ability levels.

**Patrice Dwyer** has over 20 years of experience working with health clubs, health and wellness centers, and corporations. She is passionate about helping others achieve their health and wellness goals.

**F.A.S.T. Athletics** offers top-notch athletic programs for children of all ages. F.A.S.T. firmly believes that Fitness, Agility, Skills, and Teamwork are four key elements of embracing a healthy lifestyle.

**Ann Fisher**, owner of Molly's Apothecary, has been making soaps, lotions and bath and body products for 15 years. Molly's Apothecary is at the Medway Mill.

**Christine French** is a certified Zumba instructor with specialties including Zumba Kids, Zumba Gold, Zumba Kids Jr, Zumba Toning and Zumba Gold-Toning. She is CPR and AED Certified.

**College Funding Advisors** has over 30 years experience specializing in assistance with the college financial aid process.

**Julie Guido** is an 8th degree black belt master and began teaching in 1982. She loves teaching each new student and helping them become better martial artists. Christine Howard is a 6th degree black belt master who enjoys the self-discipline and practice necessary to become a good martial artist.

**Kathleen Hickey** was a classroom teacher for 21 years in the Medway Public Schools. Her Massachusetts certifications include B.S. Elementary Education K-8, M.Ed. in Moderate Special Needs PreK-9, and SEI Full Teacher Endorsement.

**Sandhya Jain** has had a passion for cooking for more than 20 years. While she grew up learning the basics of the traditional Indian spices from her mother, cooking in America taught her how to recreate the same flavors with the ingredients available here. She is currently a continuing adult education cooking instructor and also conducts cooking workshops at Whole Foods.

**Siri Krishna Khalsa** is KRI certified and has been teaching yoga since 1976.

**Lisa Kohne** is a Certified AFAA Group Exercise Instructor with over 30 years of fitness and dance experience. Lisa is CPR, AED and First Aid trained.

**Medway Community Farm, Inc.** uses non-certified organic methods to manage a diverse vegetable operation that produces food for spring, summer and fall. They offer a variety of educational programs, community events and volunteer opportunities for the public.

**Ida Matuskova** has been knitting for 30 years and recently completed a certification from Craft Yarn Council. She has experience teaching knitting to small groups of adults and children.

**Emily Minkle** holds a B.A. in Education, a M.Ed. in Curriculum Development and a M.A. in Counseling Psychology. She served in the U.S. Air Force and as a teacher for the Department of Defense for 22 years. She is currently a Federal Career Coach with the U.S. Department of Health and Human Services.

**Julie Poole** is the founder of Poole Your Resources, a professional organizing service which helps clients successfully manage both their time and space. Her personalized organizing services are tailored to each individual's unique needs.

**Josette Puig** is an AFAA and ACE Health and Fitness professional, mother of four and owner of Get Josette Fitness and Nutrition in Medway. She is also a motivational speaker and author of *Frumpty to Fabulous. One Change a Week to a Healthier You.*

**Jeanne Raffa** is involved with the Medway Community Farm and is an avid gardener. The farm has become a part of her family's life and has taught her children not only about local, healthy food, but also about community, open space, and responsibility to nurture the open shared space that we have in Medway.

**John Scott Smith** has been working in lead generation and search advertisement for over eight years, and follows the mantra "always be testing." John is a certified judge for the Kansas City Barbeque Society, a local bread-baking instructor, and serves on the Medway Board of Library Trustees.

**Lisa Sheehan** has been an avid photographer since her teens and has completed undergraduate course work in film photography and more advanced seminars and workshops in digital photography, lighting, composition and design. Her work can be seen at [www.lisasheehanphotography.com](http://www.lisasheehanphotography.com).

**Amanda Webster** has worked as the Medway High School Band Director since 2011 where she directs the Concert Band, Jazz Band, and Flute Ensemble. In addition, she teaches beginning acoustic guitar, advanced acoustic guitar, and piano. Ms. Webster is also a co-advisor of the Tri-M Music Honors Society. She holds a Master of Music degree in Instrumental Conducting from the American Band College of Sam Houston State University and a Bachelor of Music degree in Music Education from the University of Rhode Island."