

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.

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.

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 teaches regular one hour classes at fitness centers and for local municipalities around the Medway area for individuals of all fitness levels and ages. She is CPR/AED certified.

Carl Geden is the owner of Northeast Educational Technologies where he designs and develops educational programs in Robotics, Software and Physics.

Julie Guido is an 8th degree black belt master and began teaching karate in 1982. She loves teaching each new student to help 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 and karate teacher.

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. She is CPR/AED certified.

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.

Amy Nickerson has worked in direct sales since 2004. She became a creator for *Life Expressions Décor* in August 2017 where she is able to fully express her creativity as she shares her quality product line with others.

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 "Frumpy to Fabulous. One Change a Week to a Healthier You".

Debi Rossi is an investment professional and a member of CFA Society Boston, a non-profit society dedicated to putting investors first and raising ethical standards within the investment profession. CFA consolidates financial content and makes it widely available to the general investing public.

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.

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.

INTERESTED IN TEACHING A COURSE?

Call or email the Community Education office for details

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