YMCA’S DIABETES PREVENTION PROGRAM

Hanna Misiak
Hanna is the Healthy Living Director for the YMCA of Greater Waukesha County. In her role she serves as the Program Coordinator for the YMCA’s Diabetes Prevention Program for the YMCA of Greater Waukesha County and the YMCA at Pabst Farms. Hanna began her career with the YMCA in January 2013 as the Healthy Lifestyles Director for the YMCA of Metropolitan Milwaukee. In October 2014, she transitioned over to the YMCA of Greater Waukesha County. Hanna graduated from the University of Wisconsin-La Crosse with a Bachelor of Science degree in Community Health Education and Spanish, with a minor in Nutrition. She also holds the Community Health Education Specialist (CHES) certification, demonstrating competence and continuing education in the field of Health Education. Personally and professionally Hanna is dedicated to helping others live a healthy lifestyle. She is passionate about health and wellness and loves sharing that with others. She enjoys cooking, traveling, walking her dog and spending time with her family and friends.

MEET THE LIFESTYLE COACHES

Julie Kaczmarek
Julie has been involved in the Diabetes Prevention Program since the program rolled out in the YMCA of Metropolitan Milwaukee. She has a passion for working with people in a group setting and has enjoyed watching the positive effects this program has on its participants. Julie obtained her Master’s Degree in Social Work in 2001 and specialized working with children and families in various health care settings. She has continued her education in group dynamics and adult learning which help create a non-judgmental environment where participants begin their individual journey to a healthier lifestyle. Julie is married and stays busy chasing her two beautiful children and dog. She finds time for boating, gardening, riding her bike, fun runs, socializing and live music.

Alison Hanson
Alison is a Diabetes Prevention Program coach and has been with this program from the start in Milwaukee since 2011. She obtained her Bachelor Degree in Nutrition and is a Registered Dietitian. Alison loves facilitating this program to help individuals empower themselves by learning new ways to make healthy eating choices and including physical activity into their daily routines. Alison is married, has 2 young girls and a crazy dog. She loves spending time with family and friends, going camping, gardening, and “playing” with her girls. Alison is an avid runner and loves being active with her family.
**Brenda Klamert**
Brenda Klamert, R.D. is a registered dietitian with over 20 years of experience managing nutrition programs in public and private schools, university and health care settings. She enjoys teaching and influencing others to permanently develop healthy habits that will improve the quality of their lives. She has a passion for creating a learning environment that is fun, interactive, and respectful of the diverse opinions and personal challenges each person brings to the group experience. In addition to being a Lifestyle Coach, Brenda provides wellness and nutrition education for the YMCA at Pabst Farms and in other local community settings. Brenda and her husband live in Oconomowoc and enjoy many family activities with their 2 sons. She also enjoys cooking, gardening, singing, biking and traveling.

**Jessica Wilkinson**
Jessica has been coaching the Diabetes Prevention Program since 2011. She has a Bachelor of Science from Northern Arizona University. Her favorite part of coaching is seeing the positive changes participants make in their lives. She feels privileged to be part of that process. Jessica is married with 3 children. In her spare time she enjoys playing outside with her family, gardening, swimming, and riding bikes. She also likes to cheer on the Packers & Brewers.

**Julie Shepherd**
Julie is a Diabetes Prevention Coach and holds a Master's Degree in Counseling. She has worked for the YMCA at Pabst Farms since 2008 in various capacities including volunteer, fitness/wellness coach and personal trainer. Preventing diabetes and its complications is close to her heart as she has family members who have struggled with the disease. Julie is passionate about health and wellness and believes working toward a healthier lifestyle on a daily basis gives us the ability to live a quality life and prevent disease. She finds it very rewarding to be a Diabetes Prevention Coach and have the opportunity to work with others to encourage and educate them to live their best lives! Julie has lived in the lake country area for over 25 years with her husband Tom. They have a son and daughter who are twins and a highly pampered Yorkshire terrier. In her spare time, Julie enjoys, hiking, biking, traveling and kayaking.

**Liz O’Brien**
Liz has spent over 10 years in the wellness industry. She is a personal trainer, yoga instructor, and has held numerous positions in the Wellness Center at the YMCA at Pabst Farms. She is currently studying to become a nutritionist and coaches others on the practice of shopping for and preparing healthy, nutrient-dense meals. She prides herself on finding creative ways to develop meal plans that are low-fat and nutritious, that are also satisfying and appetizing enough to please her two teenage children. Liz’s passion is to empower others in their quest to create healthier lifestyles. She provides guidance and instruction on the ways to meet specific goals in a productive, efficient manner, while keeping participants excited and motivated. As a natural problem solver, Liz will be supportive, full of encouragement, and help you through the barriers often found while pursuing a healthier and more active lifestyle.
Melissa Hexom
Melissa has recently completed her Master’s Degree in Community Health Education from Carroll University and holds Bachelors of Science in Education from the University of Wisconsin Stevens Point. She has worked for the YMCA for over 15 years, in 6 different YMCA associations, and serving in a variety of capacities. She has a true passion for helping individuals improve their health and well-being started as a result of her own lifestyle change. Melissa finds it a privilege to come alongside her participants as they work to take control of their health and reduce their risk for type 2 diabetes. Melissa is married with two young daughters and enjoys being active outdoors walking, running, hiking, biking, swimming, camping, and backpacking.

Trish Neville
Trish is excited to be a Lifestyle Coach for the Diabetes Prevention Program, especially having discovered, she has several risk factors for developing diabetes herself. She is a mother of four, who has worked in the fitness industry for six years. Trish also used to run a Senior Nutrition Meal Site for the City of Waukesha. She enjoys biking, swimming, cooking and trying to keep up with her kids. Fun facts about Trish: She studied French Literature in college and travelled extensively throughout Europe while on active duty in the US Air Force. Two years ago, she survived the Tough Mudder Wisconsin Challenge. All foolishness aside, she now strives to live by the Y motto Your Health is Our Passion. Her favorite quotation is "Judge not, lest ye be judged" (Matthew 7:1).