YMCA’S DIABETES PREVENTION PROGRAM

Hanna Misiak
Hanna is the Healthy Living Director for the YMCA of Greater Waukesha County, where she oversees the association’s work in delivering evidence-based health interventions and championing healthy living initiatives. 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, and a minor in Nutrition. She is a Certified Health Education Specialist (CHES), ACE Weight Management Specialist, Diabetes Prevention Program Lifestyle Coach and LIVESTRONG® at the YMCA Instructor. Hanna is passionate about health and wellness and loves sharing that with others. In her free time, she enjoys cooking healthy meals, traveling and spending time with her family, friends and two dogs.

MEET THE LIFESTYLE COACHES

Alison Hanson
Alison is a Diabetes Prevention Program Lifestyle 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.

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.

Tricia Monroe
By day, Tricia is a teacher of Deaf/Hard of Hearing students within the Milwaukee Public School district. After being diagnosed with Type 1 diabetes and personally experiencing the benefit of meeting with others, she helped develop support groups for students living with diabetes. This experience led her to become a Lifestyle Coach with the YMCA. Tricia knows the benefit of meeting health goals and is excited to help individuals along their journey of creating a healthy lifestyle. In her spare time, Tricia enjoys biking, hiking with her dog, traveling to new places, and trying new recipes.
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).