SELF REBOOT



2026 CATALOG

In a world where hybrid workspaces thrive, a blended approach to wellness becomes essential.

Achieving optimal health requires collaboration and patience over time. With the right tools and a supportive team, you can progress toward your goals.

Reboot and elevate your wellness potential!



* NEW IN 2026 *

1-HOUR PRESENTATION + Q&A
Diane Lang, MA, PPC (Mental Wellness)
Julie Lopez, MS, RD (Nutritional Wellness)
Nora Diaz-Bretherton, CDP (Elderly Care)

BEATING BURNOUT

Burnout is a serious issue affecting many of us. It is characterized by fatigue, reduced productivity, and an emotional disconnection from work. The effects of burnout extend beyond personal challenges; they can negatively impact overall health, leading to higher absenteeism, workplace conflicts, and decreased job satisfaction.

Explore effective strategies to overcome burnout and enhance team engagement. Create a safe and open workplace culture, and participate in essential conversations that tackle burnout.

FROM INTENTION TO ACTION:

A New Year Workshop

It's 2026—are you ready to move forward with clarity and confidence, or are your goals still feeling out of reach? If you're feeling stuck, overwhelmed, or unsure how to turn goals into action, this workshop is for you.

You'll identify what truly matters, set clear and achievable goals, and learn practical strategies to move from planning to doing. You'll also gain tools to manage stress, build resilience, and stay motivated when challenges arise. Start the year with intention—and leave with a plan you can put into action.

EAT TO BEAT STRESS

Stress is a common part of life, and our diet can greatly affect how we respond to it. This session explores the link between food, mood, and stress management. You'll learn how specific nutrients support the nervous system and stabilize blood sugar while promoting calmness and focus. With practical nutrition tips and simple recipes, attendees will be empowered to make nourishing food choices that enhance stress resilience.

LIFE CAN BE CHALLENGING:

Build Your Own Resilience Plan

Resilience is crucial for thriving amid stress and challenges. Embrace the journey with positivity! While uncertainty can be daunting, it can also promote personal growth. Enhance workplace resilience with four key practices: social involvement, mindfulness, self-care, and gratitude. Together, we can better manage stress and create a supportive environment.

NAVIGATING CARE FOR ELDERLY PARENTS:

Balancing Work and Family

Many professionals are balancing demanding careers while supporting aging parents and raising children. Without preparation, this "sandwich generation" role can create significant financial, emotional, and logistical stress for the entire family.

This webinar focuses on proactive planning—helping you anticipate changes, reduce uncertainty, and avoid crisis-driven decisions. With the right tools and resources, caregiving can feel more manageable and less overwhelming.

TIME MANAGEMENT:

Are You Productive or Busy?

Time management is a skill that can be developed. It allows us to achieve a better work-life balance, reduces feelings of overwhelm, and provides a sense of control, particularly during uncertain times. By learning practical, sustainable time-management tools, you can enhance your productivity in both your professional and personal life.



MOVE REBOOT

Encourages employees to take breaks from their desks to reduce the effects of prolonged sitting and screen time.

A 15-minute session includes standing stretches and low-impact movements to restore energy, awaken and strengthen sleeping muscles, and improve mobility.

ALL PACKAGES INCLUDE:

- Access to Self Reboot's Video Library
- Custom Zoom link (up to 500 employees)
- Reporting - Registration & Attendance
- Promotional Flyer

MOVE + CALM

Self Reboot Package

This package is designed for the workday and rewards employees who prioritize self-care by promoting simple, effective, sustainable practices.

Research shows that short, regular wellness practices are more effective than longer, infrequent ones. By alternating between movement and calming sessions, participants can enhance both their physical and mental well-being throughout the week.

With any package, you can select either **Move** or **Calm** Reboot sessions in any combination.

INTRO

6 Sessions | $ 1,650

6 Months Unlimited Access

FOUNDATION

12 Sessions | $ 3,300

1-Year Unlimited Access

FULL ENGAGEMENT

A comprehensive package designed to encourage weekly engagement.

30 Sessions | $ 6,600

6 bonus sessions ($1,050 value)

16 Months Unlimited Access

SELF REBOOT



CALM REBOOT

Encourages employees to take a pause to reduce stress, regain focus, and support nervous system regulation.

A 15-minute session includes gentle stretching, simple breathing techniques, and a brief guided meditation to help release tension and restore calm.

RENEWAL REWARD

Inspire your team to embrace a stress-free, focused, and energized mindset!

Complete a Foundation or Full Engagement package before year-end, and unlock an exclusive renewal rate!



Mental Wellness

1-Hour Sessions
Presented by Diane Lang, MA, PPC
Therapist, Educator and Life Coach

BOUNDARIES & BALANCE

To achieve a balanced life, we need healthy routines, clear boundaries, and effective self-care. This session will explore how to establish strong boundaries, understand their different types, create effective routines, and make self-care realistic and achievable.

EMOTIONAL DETOX

Difficult people can be found everywhere—at work, in our neighborhoods, among friends, and family. They often push our buttons, drain our energy, and create frustrating situations, leaving us feeling fatigued and unhappy. In this webinar, you will learn:

- Tips to deal with difficult people
- Different communication techniques to effectively handle negative/difficult people
- What is a toxic relationship
- Negativity bias and the consequences of too much negativity

DECLUTTER TO DE-STRESS

When you declutter your mind, the rest will follow. Learn realistic practices that will make a HUGE difference in your life.

- Identify your triggers for stress and anger
- Ways to simplify your life and live in the now
- Practices to feel more empowered, motivated, and healthier

FINDING YOUR HAPPINESS

We all desire happiness, but what truly brings us joy? Is our happiness within our control? What changes can we implement in our lives to become happier and healthier?

Discover new ways of thinking and behaving that can enhance your happiness, such as expressing gratitude, setting life goals, and performing random acts of kindness. Start making small changes now to lead a more positive and resilient lifestyle.

JOURNALING FOR MENTAL HEALTH

We know that journaling can be a very helpful tool. It can help us reduce stress, release our emotions, become self-aware of unhealthy habits/patterns, and produce mindfulness. There are many ways to journal and get the benefits of better mental health and happiness. In this workshop, we will go over the different ways to journal and the benefits of each. Bring a pen or pencil and get ready to journal.

MANAGING STRESS & ANXIETY

While we can't control what's happening around us, we can control how we react to it. In this webinar you will learn:

- Coping strategies to feel less anxious, more balanced and optimistic
- The impact of stress and anxiety on your body
- The importance of socialization, support and not isolating or internalizing our emotions



Mental Wellness

1-Hour Sessions
Presented by Diane Lang, MA, PPC
Therapist, Educator and Life Coach

NURTURE MINDFULNESS IN THE WORKPLACE

In our fast-paced, rapidly changing world, it's normal to feel challenged by time, finances, and relationships. While technology can enhance our efficiency, it also presents an opportunity to reconnect with ourselves and each other. Embracing mindfulness creates significant opportunities to fully engage in each moment. In this session, we'll explore simple, effective techniques to reduce stress and cultivate mindfulness, leading to greater joy and fulfillment in our personal and professional lives.

STOP TAKING IT PERSONALLY

"Don't take anything personally" is a powerful reminder to reflect on our reactions and own our thoughts. Remember, as the saying goes, "No one can make you feel a certain way without your permission." By embracing this mindset, we can break free from the victim mentality and reclaim our power. This practice cultivates healthier relationships, enhances our sense of personal empowerment, and opens up a world of choices for our next positive step forward. Let's approach life with confidence and choose to uplift ourselves and those around us!.

THE ART OF MASTERING COMMUNICATION IN THE WORKPLACE

Master the fundamentals of effective workplace communication. Learn how clear exchanges, active listening, and an understanding of non-verbal cues can enhance teamwork, boost productivity, and reduce misunderstandings. By embracing the right tools and techniques, you can improve message clarity and foster better workflows, creating a dynamic organizational culture.

TURNING SETBACKS INTO ADVANTAGES TO CAUSE GROWTH & RESILIENCY

Can setbacks help us create opportunities to positively impact the world around us? Everyone experiences challenging times, but how we respond to these setbacks can foster personal growth and resilience. Discover ways to turn obstacles into advantages, nurture renewed personal development, and facilitate recovery from life's difficult experiences.

UNLEASHING YOUR POTENTIAL:

Crafting Your Vision

Start your transformative journey to create your ideal future. Envision a life driven by your desires and ambitions—where you actively shape your reality. Lay a strong foundation by creating a goal-oriented vision map and an inspiring vision board.

This powerful tool is not just a collage; it's a daily source of inspiration that reflects your goals and motivates you with every glance.

WAYS TO MANAGE VIRTUAL FATIGUE

Zoom fatigue is a real challenge many of us face, especially as we embrace a blend of virtual interactions in our hybrid work environment. Rather than feeling overwhelmed, let's explore the reasons behind this fatigue and how we can effectively manage it together. Join us in this session to discover practical strategies to help you thrive in this exciting new era of connectivity!

SELF REBOOT



PARENTING

1-Hour Sessions (including Q&A)
Presented by Diane Lang, MA, LPC
Therapist, Educator and Life Coach

MANAGING LIFE AS A SINGLE PARENT

We all love our kids but being a single parent is hard. Whether you're single by choice or because of divorce, loss or separation, this parenting class will help you manage your life more effectively. In this workshop we will go over:

- Taking care of your children and yourself
- Being a positive parent – teaching children through role modeling
- Learn the benefits of being a single parent
- Take the guilt out of being a single parent
- Improve your listening and empathy skills
- Feel confident in your parenting

MINDFUL PARENTING

Being a parent might be your favorite job, but we also know it can be tough, and stressful especially during trying times like a pandemic. Mindful parenting means staying in the present with our kids, not worrying about the future or getting stuck in the past. Slowing down and taking time to know ourselves, be an active/empathetic listener, and find the positive will go a long way toward promoting good health and well-being for the whole family.

Mindful parenting is not complicated, but it does take practice. By learning basic mindfulness techniques, we can feel less stressed and more present.

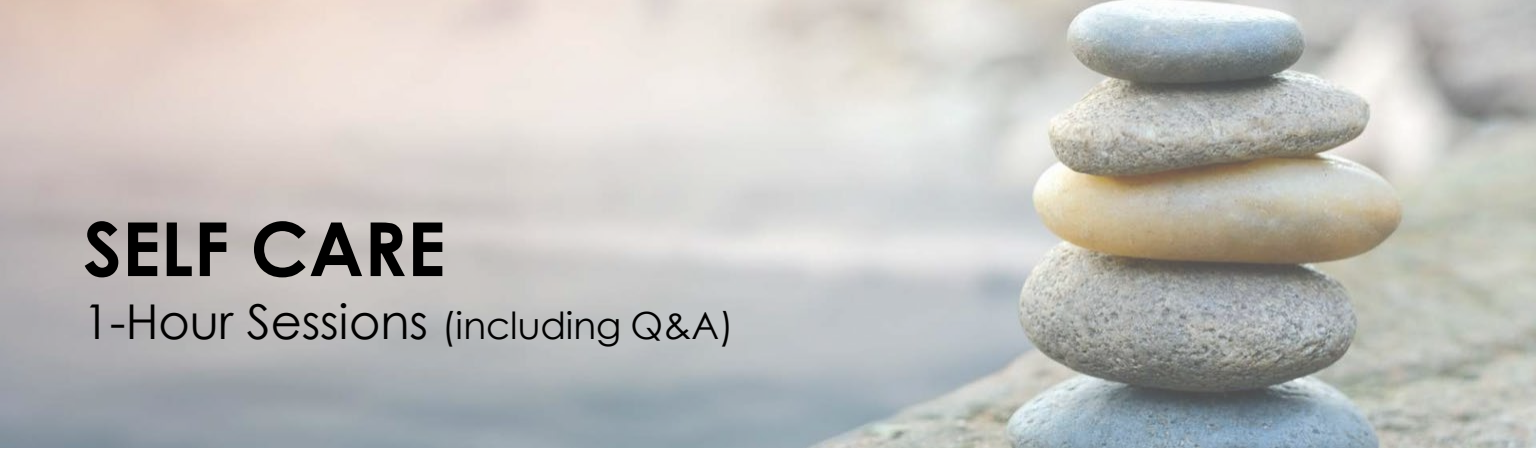
PARENTING IN THE DIGITAL AGE

Today's parents face a generation gap with their kids, and parents feel conflicted because of all the benefits and drawbacks of technology. It's exciting how technology can help our children learn, but it can cause problems with socialization and the risk of online communication problems, such as cyberbullying. Technology can cause isolation or bring us together. It's tough to try and balance it all. In this workshop, you will learn:

- To set boundaries and limitations with technology
- How technology affects the family dynamic
- The impact of the technology world on our kids
- Keys to effective parenting in the digital age
- To disconnect to connect

THE POSITIVE PARENT

We all want to be the best parents we can be, but how can we do it? Using positive psychology can help raise kids to be more optimistic and resilient. Learn what traits can be learned, and what you should be teaching your child. The discussion will also focus on what types of environment nurtures a child towards a positive lifestyle and whether or not you are serving as a positive role model. Learn ways to encourage your child to be the best they can be and become the role model you want your kids to follow.



SELF CARE

1-Hour Sessions (including Q&A)

Presented by Diane Lang, MA, PPC
Therapist, Educator and Life Coach

FILLING UP YOUR CUP
People spend much of their lives nurturing others. When we find ourselves focusing more on others instead of ourselves, we become stressed out and we can burn out. Self-care is not selfish; it is an essential component to appreciating yourself, cultivating happiness, and finding balance. Learn the importance of self-care and specific actions you can take to fill your cup.

HEALTH, HAPPINESS, AND LONGEVITY:
Aging with Intention
We are always aging, which is something we cannot change. However, age can simply be viewed as a number. It doesn't mean we have to feel that number. Healthy aging involves aging with intention. It means taking control of how you want to age through lifestyle habits, embracing change, reducing stress, and shifting belief systems that are keeping you stuck. It's about living a healthy and happy life at every age.

MIND, BODY & SOUL
"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity" - World Health Organization. Being healthy involves considering physical, emotional, mental, and spiritual well-being. It's about balancing all core areas of life to feel good and balanced on all levels.

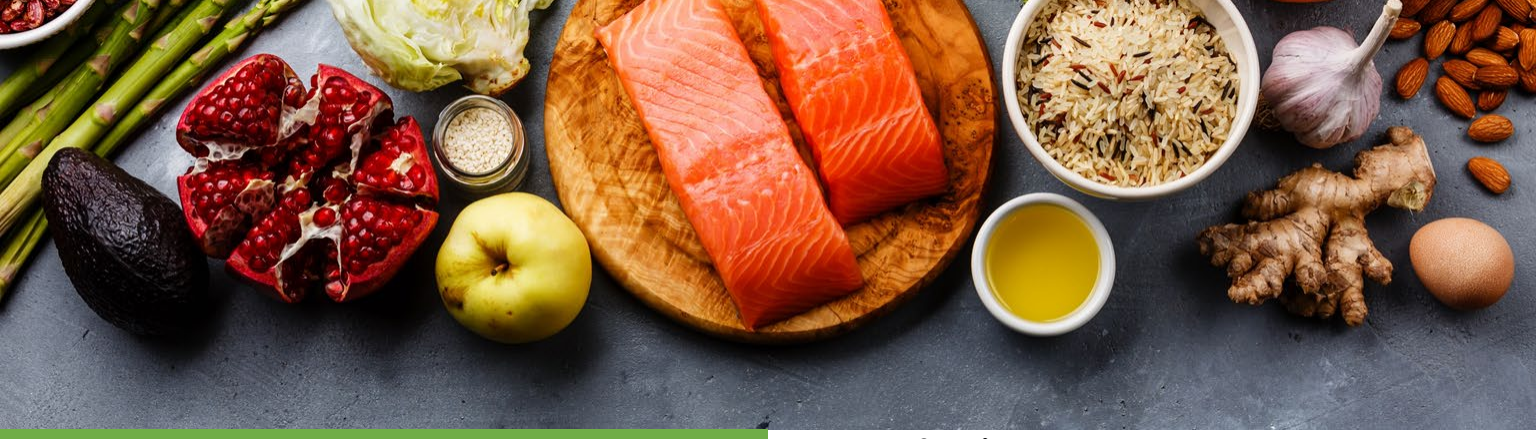
POSITIVE AGING
Life expectancy has improved, granting us 20+ years in retirement. Our beliefs on aging greatly impact our happiness and health during this time. You will learn:
- Ways to thrive at any age and gain perspective on the aging process
- The truths and myths of aging
- How to cultivate a positive approach to our future years and see the new possibilities that this stage of life can bring

Presented by Dawn Lorentz, RYT 500
Founder & President of Self Reboot, LLC

MEDITATION 101: Techniques, Benefits and a Beginners How-To
This workshop is perfect for anyone who is intimidated to start a meditation practice, has tried and failed, or thinks meditation is too woo-woo! In this interactive workshop, you will learn:
- How meditation promotes mindfulness and the science behind it.
- Discover different forms of meditation or find out which one works best for you.
- Participate in live breathing & stretching exercises and a guided meditation.

SLEEP WELL
Learn science-based sleep patterns and issues, tips and practical tools to sleep better and live healthier lives.
- Sleep drive vs. circadian rhythms
- Discover your sleep cycle and Chronotype
- How sleep deprivation negatively impacts your health
- Discuss common sleep disruptors
- Tools & practices to a good night's sleep

THRIVE
Learn life-changing practices to manage stress and build resiliency. This workshop teaches scientifically proven tools, insights and practices to cultivate a healthier mind and body. Learn how to:
- Navigate stress with mindfulness, movement, nutrition and sleep
- Rewire the brain with positive thinking and gratitude
- Release stress out of your body with chair yoga stretches and guided meditation



Healthy Eating

1-Hour Sessions
Presented by Julie Lopez, RD
Includes cooking demo, recipe and Q&A

ANTI-INFLAMMATORY FIGHTING FOODS

If you want to improve your health, this session will provide you with knowledge and tools to harness the power of food for better well-being. You'll learn about chronic inflammation, its effects on the body, its link to various health conditions, and discover anti-inflammatory foods rich in omega-3 fatty acids, antioxidants, and polyphenols. Plus, you'll get strategies for adopting an anti-inflammatory diet in your daily routine.

BALANCED BITES: Cooking for Sustained Energy and Blood Sugar Control

Master the art of balancing blood sugar for sustained energy throughout the day. Learn how different nutrients impact blood sugar levels, read food labels, gain practical tips for meal planning and preparation, and understand how to balance meals and snacks to prevent energy crashes.

BUDGET BITES: Cooking Nutritious Meals on a Budget

Discover how to eat well without overspending in this engaging presentation and cooking demonstration. Learn practical strategies to create delicious and nutritious meals that fit within your budget, proving that healthy eating doesn't have to be expensive.

- Learn how to prioritize nutrient-dense foods without overspending.
- Discover a variety of low-cost ingredients that provide essential nutrients.
- Gain practical tips for meal planning and grocery shopping on a budget.
- Gain confidence in making dietary choices that support health and financial goals.

COLOR YOUR PLATE: A Rainbow of Nutrition in Every Meal

Add a variety of colorful fruits and vegetables to your meals to improve nutrition. Learn about the health benefits of different colors, how to pair them for flavor and nutrition, and get practical tips for selection, storage, and preparation to minimize waste.

CREATING A NUTRITIOUSLY SOUND FAMILY DYNAMIC

Families have unique dynamics, and it can be challenging to incorporate nutritious meals when dealing with different preferences, picky eaters, or busy schedules. It's important to learn roles and responsibilities during mealtimes, implement no-pressure food strategies, and create meal plans for nutritious meals for everyone.

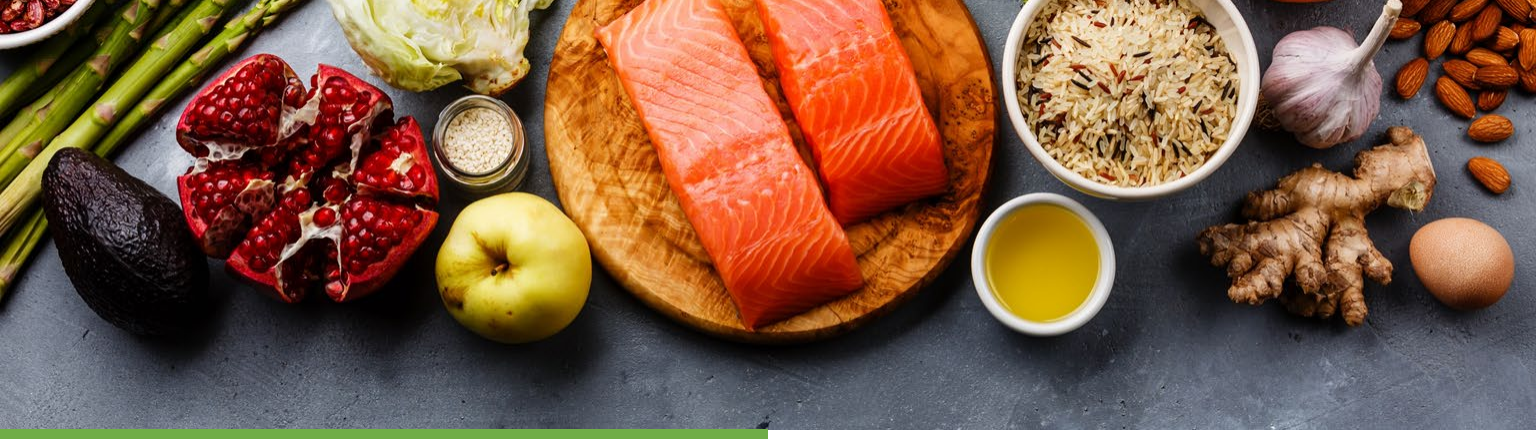
EAT SMART FOR YOUR HEART

Learn how to make delicious meals that support cardiovascular health by lowering cholesterol and blood pressure. Discover heart-healthy eating science, cooking techniques, simple recipes, and tips for reducing sodium and unhealthy fats.

FESTIVE FLAVOR: Cooking for a Healthy Holiday Season

The holiday season is a time for celebration, indulgence, and togetherness. However, it can also be challenging to maintain healthy eating habits amidst the festivities. Discover how to enjoy the holiday spirit without compromising on health and nutrition.

- Strategies for balancing indulgence with nutrition during the holiday season.
- Cooking techniques that enhance the nutritional value of festive dishes.
- Apply strategies for enjoying holiday meals while making mindful and health-conscious food choices.



Healthy Eating

1-Hour Sessions
Presented by Julie Lopez, RD
Includes cooking demo, recipe and Q&A

NEW YEAR NUTRITION: Transform Your Diet, Transform Yourself

Discover actionable strategies to revitalize your diet and foster lasting positive changes. We'll delve into the latest nutrition science, practical meal-planning tips, and effective ways to overcome common dietary challenges. Whether you're looking to boost energy, manage weight, or simply eat healthier, this session will equip you with the tools and motivation to make the most out of your nutritional goals in the new year.

OPTIMAL NUTRITION FOR ALL AGES

Whether you're a parent seeking healthy meals for your children, an adult looking to maintain vitality, or an older adult aiming to support longevity, this session is designed to equip you with the knowledge and skills needed to nourish your body at any age.

PERFORMANCE PLATES: Nutrition for Sports and Fitness

Discover how to maximize your athletic potential. Whether you're an athlete or a fitness enthusiast, this session will give you the knowledge and skills to fuel your body for optimal performance and recovery. Learn about key macronutrients and their roles, understand the importance of micronutrients and hydration, and gain confidence in making dietary choices that enhance your athletic performance and overall well-being.

POWER UP YOUR IMMUNITY: Cooking to Protect and Thrive

Discover how to integrate immune-boosting foods into your diet to support overall health. Learn about key nutrients, find immune-supporting foods, and apply strategies for an immune-boosting diet in your daily routine.

PREVENTION ON A PLATE: Nutrition and Culinary Strategies for Cancer Prevention

Learn about the link between nutrition and cancer prevention and discover how to make informed dietary choices to reduce cancer risk while enjoying tasty meals. Recognize key nutrients like antioxidants, fiber, and phytochemicals that play a role in lowering cancer risk and get tips for cooking with cancer-fighting ingredients.

THE GUT CONNECTION: Nutritional Strategies for Digestive Balance

Discover how a healthy gut affects overall well-being:

- Understand the gut microbiome and its influence on digestion, immunity, mood, and metabolism.
- Explore foods rich in fiber, probiotics, and prebiotics that support digestive balance.
- Learn meal preparation techniques for delicious and beneficial gut health.

TRANSITIONING TO A PLANT-FORWARD DIET

Explore the benefits of a plant-forward diet for overall health. Learn about plant-based foods and how to incorporate them for nutrition, flavor, and sustainability. Apply strategies to gradually increase plant-based foods in your diet.



COOK, LEARN, NOURISH



COOK-ALONG CLASSES WITH CHEF JULIE LOPEZ, RD

Join our exciting 1-hour virtual cook-along classes, where the joy of cooking blends seamlessly with fun nutrition insights! There's no formal presentation—just hands-on cooking and lively discussions about nutrition. These sessions are ideal for food lovers of all skill levels eager to whip up tasty recipes while enhancing their health with expert tips. We can't wait to cook with you!

WHAT TO EXPECT:

- **Recipe Demonstration**: Follow along step-by-step with a chef and registered dietitian as they guide you through preparing a flavorful and nutritious dish.
- **Comprehensive Prep:** Receive a detailed recipe, shopping list, and equipment list ahead of time to ensure you're ready to cook along.
- **Nutrition Insights:** Each session focuses on a specific nutrition topic, giving you valuable knowledge to fuel a healthier lifestyle.
- **Interactive Learning:** Ask questions, share your progress, and connect with others in a fun, supportive environment

CLASS OPTIONS

Salmon Burgers with Lemon Dill Horseradish Sauce
Nutrition Topic: Seafood for Heart Health

Butternut Squash Soup
Nutrition Topic: Anti-inflammatory Fighting Foods

White Bean Shakshuka
Nutrition Topic: Cooking with Pantry Staples

Creamy Tuscan Chicken
Nutrition Topic: Eating to Balance Blood Sugar (for Diabetes)

Lentil Bolognese
Nutrition Topic: Plant-Forward Diet

$ 695 PER WEBINAR

- Up to 500 participants
- Customized Flyer with private Zoom link
- Reporting - Registration & Attendance

SELF REBOOT



Financial Wellness

VIRTUAL ONLY (1-Hour Webinars)
Presented by Elliot Gindis, IAR

BUDGETING & SPENDING

Learn everything you need to know about effective budgeting and spending to ensure you are living within your means. In this webinar we'll go over all the typical living expenses, and discuss in detail how to cut costs with all of them. We'll then get into budgeting, and how to put together a workable budget, and introduce the 50/30/20 Rule as well as Zero-Based Budgeting (ZBB). Finally, we'll go over some of the software options that can help you with budgeting and spending.

FINANCIAL FREEDOM

Think of your financial health as a table with four legs. For the table to stand, all four legs need to be solid. If one is missing or weak, the table will wobble, if two or more are missing, it will fall.

Learn the four legs to financial freedom: reducing your debt, saving your money, investing your money and protecting your money.

INTRODUCTION TO INVESTING

Have you wanted to invest in the stock market, but weren't sure where to start? Learn the fundamentals of how to do this right, from an explanation of the foundations of investing to a survey of investment tools such as stocks, mutual funds, ETFs, and bonds. This detailed interactive webinar is exactly the background you need to step into the world of financial investing with confidence.

MANAGING YOUR DEBT

While debt is often a part of our financial lives, it can become a problem if it overwhelms our ability to repay it.

- What are the different types of debt?
- What is good and bad debt?
- What are the common categories of consumer debt?
- How to avoid getting into debt.
- Four methods to pay back existing debt.

MASTERING YOUR CREDIT

Having good credit is extremely important in today's world. In this comprehensive webinar, discover why credit is important, what the credit bureaus and credit scores are all about, what goes into your credit score, credit maintenance, credit repair, and much more. Learn all the details and get actionable advice on how to get and maintain stellar credit.



Fitness Classes

VIRTUAL 30-minutes | **ON-SITE** 55-minutes

CARDIO KICKBOXING with Dawn Lorentz
Get ready to burn calories and sweat your stress away. This cardio workout combines kickboxing and functional fitness exercises – squats, lunges, and core.

CORE-STR with Yomi Karade
Core strengthening is vital for improving balance and stability, posture, lower back, and protect our organs and central nervous system and enhance our daily activities. This class is designed to challenge your central area and body, making you stronger and fitter so that you can live a better and more fabulous life. **(On-line Only)**

PILATES FUSION with Dawn Lorentz
Experience the benefits of pilates and yoga during this fusion class. Using our breath, we will move through poses and exercises to build strength, core stability, flexibility, and balance.

REBOOT & STRENGTHEN with Coach Pete
Get out of your head and out of your chair. Time to turn on those "sleeping" muscles and start building the strength your body needs. Practice basic movements to help better your posture and over all well-being. **(On-line Only)**

REBOOT & STRETCH with Dawn Lorentz
Release tension in the body and increase energy with breathing and stretching exercises. Learn to quiet the noise in your head with a guided meditation.

SLOW FLOW YOGA with Dawn Lorentz
A soothing yoga class focusing on breathing, basic postures and alignment. Ending with a guided meditation, this class is guaranteed to make you feel calm and rejuvenated.

TAI CHI with Ina Cabrera
A relaxing class designed to reduce stress, improve balance and concentration. No equipment, no changing and recommended for EVERYONE.

ZUMBA with Yomi Karade
Shake the day off and give your mind a dance break. **(On-line Only)**



PRICING

1 Hour Workshops:
Virtual $ 695 per webinar for up to 500 participants
On-site TBD

Fitness Classes:
Virtual $ 225 per class up to 500 participants
On-site TBD

Includes:
- Customized Flyer with Zoom link
- Handout/Copy of Slides for all workshops & webinars
- Registration, Attendance & Performance Reports ***(virtual only)***

WELLNESS PACKAGE

PURCHASE

4 Webinars &
4 Virtual Fitness Classes

or

8 Webinars

RECEIVE

1-Year FREE to
Self Reboot's Video Library

WHY SELF REBOOT

- We practice what we teach. Our methods are proven, relatable and motivating because they're based on real-life applications and that were developed and tested in the corporate marketplace for over 10 years.
- We have a DEDICATED TEAM and **never outsource work** to unknown freelance contractors.
- All scheduling, questions, logistics, reminders, set-up, and follow-up is handled by Self Reboot. Nothing is outsourced so answers are quick and accurate.
- Hybrid Module. We offer on-site workshops in New Jersey and NYC.
- Preferred vendor of Cigna.
- FREE online pop-up fitness classes to help promote employees' health and well-being.

selfreboot.org
Contact: Dawn Lorentz
Cell: 201-805-0481
Email: dawn@selfreboot.org

MEET OUR TEAM OF EXPERTS



DAWN LORENTZ, RYT 500 | Fitness & Emotional Wellness
Founder and President of Self Reboot. Dawn is a former corporate burnout who spent 15 years in a stressful work environment that resulted in chronic migraines, insomnia, depression and autoimmune disease. She ultimately healed herself by learning holistic techniques through acupuncture and meditation. Turning her pain into passion, she was inspired to become a certified yoga instructor, group fitness instructor, personal trainer and wellness coach. Dawn has 14 years of teaching experience and has rebooted over 300 companies in the tri-state area.



DIANE LANG, MA, PPC | Emotional & Mental Wellness
As a therapist, educator and positive living expert, Diane has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can turn one into an optimist, literally. Diane is also an Adjunct in Psychology at Montclair State University, where her college work includes mentoring students for personal issue advisement.



JULIE LOPEZ, MS, RD | Nutritional Wellness
Julie is a dietitian and chef who is passionate about teaching people to appreciate and prepare healthy, delicious meals. She is a culinary nutrition consultant, author, and cooking instructor who has published "The Healing Soup Cookbook" and offers in-person and virtual cooking classes. Julie is also the co-founder of Culinary Nutrition Studio, providing education to healthcare professionals, and has recently launched the Virtual Teaching Kitchen offering free virtual nutrition-focused cooking classes. She lives in New Jersey with her family.



NORA DIAZ BRETHERTON, CDP| Elderly Care
Nora is an experienced Geriatric Care Manager and Certified Dementia Practitioner, supporting clients and their families through the medical, emotional, and logistical challenges of aging. At Concierge Health, she focuses on coordinating care needs, navigating complex medical situations, and ensuring continuity across home and healthcare settings. She is also the Founder of Silver Lining Care Solutions, a licensed, bonded, and insured home-care registry that places skilled private-hire aides and emphasizes consistency, flexibility, and higher-level support that helps clients safely age in place. Previously, she served as Director of Home Care Match and as a Care Manager with Metropolitan Elder Care, guiding families through service coordination and crisis support. Fluent in English and Spanish, Nora is dedicated to empowering older adults and their families with clear guidance and practical solutions at every stage of the aging journey.



ELLIOT J. GINDIS, IAR | Financial Wellness
Elliot has been an investor and entrepreneur since the mid-1990s. He has also struggled figuring out the ins and outs of personal finance while in his 20s and 30s, which led him to be a financial writer and coach years later. Elliot is a Series 6, 63, and 65 licensed Registered Financial Advisor, as well as a licensed Realtor and Life Insurance agent. He runs the popular Keystone Financial Academy channel on YouTube, and is the author of the Keystone Financial Guide, an all-encompassing definitive textbook on entrepreneurship, personal finance, investing and insurance."

MEET OUR FITNESS TEAM



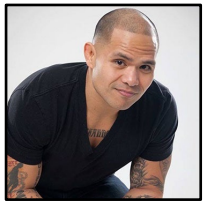
JAIMIE ADKINS
Physical Wellness

Certified yoga and meditation teacher with over 380 hours of training, including a 200-hour Yoga Teacher Training, 100-hour advanced yoga certification, and an 80-hour Meditation Teacher Training completed in India. She specializes in breathwork, desk-friendly movement, and stress-regulation practices designed for corporate environments. Jaimie's accessible, grounding approach helps busy professionals reduce stress, improve focus, and feel better during the workday.



INA CABRERA
Physical Wellness

Certified yoga & tai chi instructor. Ina completed a three-year teacher training at the Tree of Life Tai Chi in Boston under the guidance of Dr. Peter Wayne author of "*The Harvard Medical Guide to Tai Chi*". Ina believes that a focus on alignment and maintaining a feeling of softness allows the breath flow freely through the body to maximize healing. It gives her great joy to be able to share the tools that have helped her throughout her life journey with others.



PETE ISIP (Coach Pete)
Physical Wellness

Owner of KRANK Systems which focuses on group training and fat loss boot camps. Pete holds multiple fitness certifications including National Strength and Conditioning Association, Underground Strength Coach, Kettlebell Concepts, USA Weightlifting, International Youth Conditioning Association. Pete was selected among hundreds of applicants to participate in Men's Health Magazine "Next Top Trainer" and reached the final four.



YOMI KARADE, BA, ACE, CPT, YS, BMS
Physical Wellness

Yomi is an inclusive fitness instructor with over 20 years of teaching, behavioral management, person training, group fitness. She is a certified Zumba Strong and Zumba Plate instructor. Yomi founded Special Needs Fitness Magazine and runs Inclusive Fitness Programs for adults and children.