



## Shannon Baron

**Certified Wellness Consultant, Bay Village**

### **Why are you passionate about wellness?**

I'm passionate about wellness because I enjoy seeing a customer's satisfaction after helping them with their health journey. I'm grateful customers feel comfortable using me as an unbiased ear to help them understand how to start or overcome a health or wellness issue. I like to listen to customers express their achievements or struggles and to support them on their journey to health.

### **What is your #1 Fx product recommendation?**

My favorite Fx product is chia seeds because they are a small but mighty superfood. They are packed with omega-3 fatty acids and can easily be added into many dishes to increase nutrient value.

### **Ask me about:**

How I 'sneak' healthy ingredients in to my family meals.

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## Heather Baumgartner

**Certified Wellness Consultant, Willoughby**

### **Why are you passionate about wellness?**

I am passionate about health and wellness after going through my own health journey. A healthy diet and quality supplements can improve your health so much. I discovered what does and does not work for my body and that consistency is key to improving your health and habits. Eating delicious and healthy food is a lifestyle and I am super excited to continue to learn and pass this knowledge along to Heinen's customers and clients!

### **What is your #1 Fx product recommendation?**

"Greens" are at the top. They offer so many great benefits - full of vitamins and minerals and a great source of fiber.

### **Ask me about:**

A healthy snack. I have a delicious recipe for healthy homemade protein balls!

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## Alexis Bolek

**Certified Wellness Consultant, University Heights**

### **Why are you passionate about wellness?**

“I’m passionate about empowering customers to improve their relationship with food and transition to a more nutrient-dense way of eating and to truly ENJOY food!

I am passionate about evidence-based nutrition and promoting public health to prevent chronic disease and malnutrition.

I promote balanced nutrition by incorporating all food groups and an intuitive approach to maintain a healthy relationship with food.”

### **What is your #1 Fx product recommendation?**

My favorite Club Fx item is all the rainbow fruits and veggies. I love this pillar because nutritional diversity is extremely important for overall wellbeing.

### **Ask me about:**

Yoga or anthropology!

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## Alexis Bouhasin

**Certified Wellness Consultant, Pepper Pike**

### **Why are you passionate about wellness?**

I love spreading wellness knowledge to customers. I believe that mother nature provides us with everything we need to take control of our health. Its always fun to introduce customers to a new holistic health practice or recipe!

### **What is your #1 Fx product recommendation?**

Greens! They are so incredibly nutrient-dense.

### **Ask me about:**

Homeopathy! I look forward to the opportunity to share more about how this form of medicine works.

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## Angela Bucciere

**Certified Wellness Consultant, Brecksville**

### **Why are you passionate about wellness?**

I am passionate about wellness because I love to help people feel healthy, improve their energy and lose weight. My passion came from my own desire to be healthy about 13 years ago. I've learned so much and attribute lifestyle changes for making a huge impact on my health. It's all about eating real foods, putting healthy foods into your body daily, and not getting discouraged when you indulge in something less healthy.

### **What is your #1 Fx product recommendation?**

Greens! I recommend adding some type of green or colorful vegetable into every snack/meal. The feeling of doing it for a few days is amazing!

### **Ask me about:**

Natural Skin care products or my favorite protein powder.

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## Shilah Cipriano

**Certified Wellness Consultant, Chardon**

### **Why are you passionate about wellness?**

I love to share my passion and knowledge with others to help them on their personal journey to better health! It is such a gratifying feeling when customers come back and share their success, improvements and gratitude.

### **What is your #1 Fx product recommendation?**

Mushrooms: they have so many benefits and nutrients and they are so versatile. They're also an excellent culinary addition or a boost to a morning smoothie or coffee.

### **Ask me about:**

Fermented foods and how to make them!

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## Kym Davis

**Certified Wellness Consultant, Strongsville**

### **Why are you passionate about wellness?**

My passion for wellness stems from a strong desire to live in a way that is best for me, the planet and all those who share it with us.

### **What is your #1 Fx product recommendation?**

My #1 recommendation varies depending on what's going on in my life. I like New Chapter's Bone Strength as my calcium source because, unlike most calcium pills, the tablets are small enough to be easily swallowed. I also like Garden of Life's unsweetened Energy and Focus powder to jumpstart my bike rides and hikes.

### **Ask me about:**

Ask me about what I'm reading. The answer may range from non-fiction to historical fiction to wellness books.

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## Stacy Dinger

**Certified Wellness Consultant, Avon**

### **Why are you passionate about wellness?**

I enjoy helping others and being a Wellness Consultant with Club Fx gives me this opportunity. I am able to share my ever-growing knowledge, and in return, build a relationship with customers.

### **What is your #1 Fx product recommendation?**

Lemons - I enjoy adding to my water for flavor and the health benefits.

### **Ask me about:**

Gardening!

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## Cathy Doerrman

**Certified Wellness Consultant, Rocky River**

### **Why are you passionate about wellness?**

I am passionate about wellness because I want to help everyone be their best self. I have found that a lot changes when your health is optimized.

To me, wellness is about balance within the body, within society, and within the planet. Through the lens of wellness, I believe all problems are solvable.”

### **What is your #1 Fx product recommendation?**

Greens! They support detoxification and the minerals and micronutrients are crucial to bringing balance in the body.

### **Ask me about:**

Regenerative gardening, the importance of soil and my #1 recommended wellness hack.

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## Christine Dowler

**Certified Wellness Consultant, Chardon**

### **Why are you passionate about wellness?**

I am passionate about educating customers, associates, loved ones and myself on wellness. I love to help people discover new ways to improve their well-being through food, drink, and quality supplement choices.

### **What is your #1 Fx product recommendation?**

I love the veggie noodles and ‘zoodles’. They are so colorful & versatile. Also, how convenient that they are all ready to go? The prep is done for you!

### **Ask me about:**

Fun ways to meal prep with healthy, unique & tasty recipes!

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## Karen Friedman

**Certified Wellness Consultant, Aurora**

### **Why are you passionate about wellness?**

I'm passionate about longevity and finding our health potential. We need our body to be in prime shape throughout our life.

### **What is your #1 Fx product recommendation?**

I am a big proponent of all probiotics and fermented foods.

### **Ask me about:**

My background teaching nutrition at the undergraduate and graduate level, as well as my teaching in Vietnam.

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## MaryAlice Grassa

**Certified Wellness Consultant, Hudson**

### **Why are you passionate about wellness?**

I am passionate about wellness because of my personal experience with my own health journey and an understanding of the human psyche when it comes to their own health. I'm passionate about wellness throughout the lifecycle. I particularly enjoy working with parents and children and focusing on kids and teen nutrition. I can relate to busy, working parents who want to get the best nutrition into their children!

### **What is your #1 Fx product recommendation?**

I am crazy about all of our plant-based and whey protein powders! I love to work with customers on great combinations in smoothies and flavors that anyone would like!

### **Ask me about:**

Kids nutrition, sports nutrition, managing arthritis, geriatric nutrition and menopause survival!

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## Mary Hasman

**Certified Wellness Consultant, Willoughby**

### **Why are you passionate about wellness?**

I truly believe that "Food is Thy Medicine." We are all unique and need to find what works for us at different stages throughout our lives. I am passionate in helping customers realize that what you do and put into your body has a direct impact on overall health. I work with customers to understand health information and meet them where they are in their journey. I like to help customers start with small but effective changes.

### **What is your #1 Fx product recommendation?**

If I had to choose one, I'd go with GREENS and more GREENS.

### **Ask me about:**

Energy! An amazing concept that affects us ALL! And skin-care. I have a passion for the various products we put on our skin.

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## Carla Iafelice

**Club Fx Customer Service Specialist and  
Certified Wellness Consultant, Mayfield Village**

### **Why are you passionate about wellness?**

I'm passionate about wellness because a person's health is essential for living a happy and fulfilled life. I feel a sense of purpose knowing that I can positively influence a person's health and help them live not only a longer life, but also one with more vitality. I love partnering with people and helping them understand their full potential, no matter their age, and that their fork is the most important tool they own.

### **What is your #1 Fx product recommendation?**

My #1 Fx product recommendation is green leafy vegetables! They contain pound for pound, calorie for calorie, more nutrients than any other food.

### **Ask me about:**

Blue zones! The 5 areas of the world with the highest concentrations of centenarians.

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## Margie Jones

**Certified Wellness Consultant, Twinsburg**

### **Why are you passionate about wellness?**

My passion for wellness begins with my faith. Our bodies are a gift and we need to care of that gift. My keys for a balanced life include proper nutrition and supplements, exercise, maintaining relationships and quiet time for prayer or meditation.

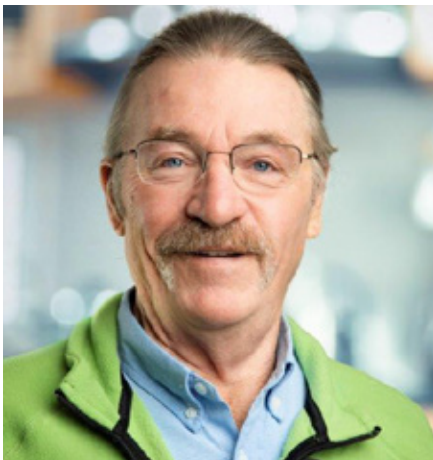
### **What is your #1 Fx product recommendation?**

My #1 Fx product recommendation is chia seeds. Chia seeds provide omega-3s, fiber and are great for sustained energy. Try adding them to oatmeal or a smoothie!

### **Ask me about:**

Cooking! I am very happy in my kitchen!

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## Mike Loughry

**Certified Wellness Consultant, Twinsburg & Chardon**

### **Why are you passionate about wellness?**

Over the years I've come to realize that each day living and feeling in health is a gift. Whether one is at work, home doing chores, or enjoying a favorite pastime, being in good health makes that day just a bit more special. Working with customers and clients on a daily basis to attain the goal of health and wellness is incredibly rewarding to me. It feels good to be doing what I'm doing!

### **What is your #1 Fx product recommendation?**

It's tough to find a favorite, but the two I enjoy the most are chia seeds and Cleveland Kitchen raw sauerkraut!

### **Ask me about:**

Turmeric - and how it's helped with inflammation and pain in my body.

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## Eugene Mercer

**Certified Wellness Consultant, Downtown Cleveland**

### **Why are you passionate about wellness?**

I am passionate about wellness simply because health is wealth. Everything starts with what we eat. What we put on and, in our bodies, has a direct impact on our quality of life and health.

### **What is your #1 Fx product recommendation?**

Sea Moss because of its high mineral count and strong bioavailability.

### **Ask me about:**

My favorite superfoods and minerals.

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## Deb Piper, RD, LD

**Certified Wellness Consultant, Strongsville**

### **Why are you passionate about wellness?**

My passion is to connect my customers on wellness. I aim to gently nudge them into forming better habits, healthier food choices, and high quality supplements. I focus on strong relationships and education with my customers. I'm always learning and researching for not only customers, but for myself and my family.

### **What is your #1 Fx product recommendation?**

Ohio apples. They are rich in nutrients, such as quercetin, that support immune health.

### **Ask me about:**

My large family and local food!

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## Corrine Plutt

**Certified Wellness Consultant, Mentor**

### **Why are you passionate about wellness?**

I love helping Heinen's customers find healthy ways to live their lives. I am passionate in finding natural approaches, such as diet, lifestyle and supplement changes to help people maintain, improve and optimize their health.

### **What is your #1 Fx product recommendation?**

The Organic Girl fresh spinach! It is so versatile: you can saute it, make a salad or add it to smoothies or eggs!

### **Ask me about:**

Positive thinking and self-care!

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## Cassie Paullin

**Certified Wellness Consultant, Avon**

### **Why are you passionate about wellness?**

I love being a resource to help customers lead a healthier life. My passion for the concept of "wellness" goes back to growing up in a household where each member of my immediate family had different ideas about nutrition and wellness. From a young age, I witnessed the effects of not making healthy choices, and decided to take charge of my own health. I take this passion to the floor of Heinen's as I talk to customers.

### **What is your #1 Fx product recommendation?**

Chia Seeds! I love those versatile little guys!

### **Ask me about:**

Living a gluten-free lifestyle and Celiac Disease.

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## Robert Schminky

**Certified Wellness Consultant, Mentor**

### **Why are you passionate about wellness?**

My passion for wellness stems from my background in physical therapy and seeing firsthand the profound impact that healthy eating and lifestyle changes can have on a person's physical health. My goal is to educate customers and Club Fx members on how to incorporate healthy eating and appropriate supplementation to optimize their well-being.

### **What is your #1 Fx product recommendation?**

Dandelion greens! I grew up eating them. They have alkalizing and detoxifying benefits.

### **Ask me about:**

Chia seeds and research!

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## Carol Siska

**Certified Wellness Consultant, Bainbridge**

### **Why are you passionate about wellness?**

I am passionate about wellness because I love to witness people making healthy choices that change their lives. I feel a true community when my customers visit my department. They give feedback on changes they have made in their lives and I see their true joy, health victories and progress.

### **What is your #1 Fx product recommendation?**

Kombucha and fermented foods because the most important part of my well-being is to make sure my gut is functioning optimally.

### **Ask me about:**

A book I've been reading or research I have been following. I love, love, love to read for pleasure!

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## Andrea Slobodian

**Certified Wellness Consultant, Pepper Pike**

### **Why are you passionate about wellness?**

I am inspired and find fulfillment in helping others to live healthy, happy lives that help them to feel empowered about their health. I have managed my own health issues through living a holistic lifestyle, including diet, supplements, and exercise and believe that health is cultivated every day with each choice we make. I love to share my knowledge to benefit others and help them transform their health through food.

### **What is your #1 Fx product recommendation?**

I love the functional foods: fermented foods, medicinal mushrooms, superfood powders and therapeutic teas.

### **Ask me about:**

What new thing I am inspired by and learning about currently...it's always changing!

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## Eddy Stolarski

**Certified Wellness Consultant, Brecksville**

### **Why are you passionate about wellness?**

The passion I have for wellness is a direct reflection of my own personal and transformative health journey. I was able to empower myself with the knowledge and application to shift my health gradually and create health in my body. I hope to influence and make a similar positive impact upon other people's lives!

### **What is your #1 Fx product recommendation?**

Matcha Green Tea! It has antioxidant properties and is highly alkalizing.

### **Ask me about:**

The microbiome, Ayurvedic Medicine, Energy Medicine or a recent book I'm reading.

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## Jaclyn Sztul

**Certified Wellness Consultant, Mayfield Village**

### **Why are you passionate about wellness?**

I'm passionate about empowering others to feel their best whether it's through nutrition or exercise. Through my personal health journey, I've learned that what you put into your body greatly affects how you feel and how your body functions.

### **What is your #1 Fx product recommendation?**

Anything from the produce department! If I have to choose one, I would say turmeric root for its anti-inflammatory properties.

### **Ask me about:**

Being a fitness instructor.

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## Scott Thomas

**Certified Wellness Consultant, Middleburg Heights**

### **Why are you passionate about wellness?**

I'm passionate about wellness because I love to help people sift through misinformation. I work with customers to better understand how to simplify wellness and nutrition to make sense and fit into their life.

### **What is your #1 Fx product recommendation?**

Omega-3 fatty acids! Joint support is my strong suit.

### **Ask me about:**

Anything related to joint health, athletic performance and recovery or cooking!

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## Patty Villeneuve

**Certified Wellness Consultant, Shaker Heights**

### **Why are you passionate about wellness?**

I have been passionate about health and wellness for the past 20 years. It brings me so much joy when a customer reports to me that a suggested diet change, food swap or supplement made a significant difference in their well-being.

### **What is your #1 Fx product recommendation?**

The super greens are my favorite. They are packed with tons of phytonutrients! Kale, Spinach and Arugula are my favorites!

### **Ask me about:**

Organic gardening.

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