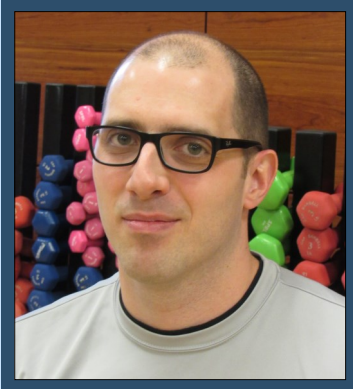


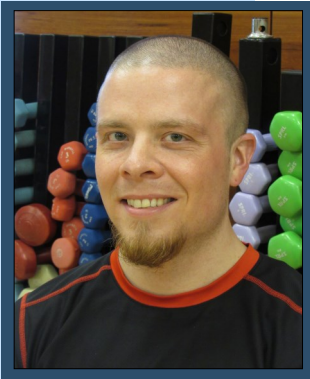
Meet your Fitness & Wellness Instructors



Brian Damaska, Wellness Manager

Brian received his Bachelor of Science degree in Exercise Science from Slippery Rock University. He is an ACSM certified exercise physiologist, and is certified to teach SilverSneakers Classic, Circuit, CardioFit and Splash classes, and is specialized in general fitness.

Spending quality time with his grand parents as a child helped spark Brian's passion for helping older adults achieve their fitness goals to help them perform their activities of daily living more easily—and he has been doing so for more than 10 years.



Chad Ifft, Exercise Physiologist & Aquatic Lead

Chad has a Bachelor of Science degree in Exercise Science and Rehabilitation from Slippery Rock University. Since graduating in 2010, he has become a Certified Exercise Physiologist and Certified Inclusive Fitness Trainer through the American College of Sports Medicine and a Certified Pool Operator through the National Swimming Pool Foundation. Chad has been working with older adults for seven years, and instructs SilverSneakers Classic, Circuit and Splash.

He is an avid outdoorsman and enjoys spending time hunting with his father.



Amanda Martin, Exercise Specialist

Amanda has a Bachelor's degree in Exercise Science and a minor in Adapted Physical Activity from Slippery Rock University. She is an AFAA Certified Group Exercise Instructor and teaches SilverSneakers Classic, Circuit and CardioFit. She received training in Tai Chi through the American Arthritis Foundation.

With more than 10 years of experience in the health and wellness industry, Amanda finds great reward in helping seniors improve their quality of life and making exercise fun and enjoyable.



Helenkay Smith, Registered Dietitian & Nutritionist

Helenkay provides science-based nutrition counseling, motivation and guidance in meal planning and diet comprehension to help adults improve their well-being. With 30 years of experience, Helenkay has been providing ongoing services to our Passavant Community residents and the surrounding area for more than 10 years. Whether you are having difficulty managing your blood glucose, keeping your lipids in check, or simply want to lose a few pounds, Helenkay's expertise in Medical Nutrition Therapy will ease your transition to a healthier you.