

## PROGRAM PRESENTERS

### **BOB WRIGHT, M.A.T.**

Bob is the *Director of Education* at Hilton Head Health. His goal is to provide guests with the knowledge needed to make informed decisions on personal health habits. His expertise includes nutrition, weight loss management and disease prevention. Bob has been educating guests at Hilton Head Health for 30 years and holds a master's degree in Health Education from the University of South Carolina.

### **LISETTE VOLZ, MSW, LMSW**

Lisette is Hilton Head Health's *Director of Behavioral Health*. A Lowcountry native, Lisette earned her degrees in Psychology and Social Work from the University of South Carolina while also receiving training in Mind/Body medicine from Harvard Mind/Body Medical Institute. In addition to individual and group counseling, her diverse experiences in business travel, management and privately owned businesses not only gives Lisette a professional background that relates to many, but also a personal one.

### **JESSICA LYNN, ACSM HEALTH FITNESS SPECIALIST®**

Jessica is the Hilton Head Health *Director of Program Development*. With a Bachelor's degree in Exercise Science from the Honors College of Ball State University, Jessica is a certified Health Fitness Specialist through the American College of Sports Medicine and is also certified in Mat and Reformer Pilates, as well as a Functional Training Specialist.

### **ADAM MARTIN, ACSM HEALTH FITNESS SPECIALIST®**

Adam is the *Director of Fitness* at Hilton Head Health. Adam provides education, weight and health assessment and programming, as well as individualized fitness training. He also facilitates all fitness workshops and specialty weeks. Adam graduated with a bachelor's degree from the University of Florida in Exercise Physiology/ Biomechanics and is certified through the American College of Sports Medicine as a Health Fitness Specialist.

### **AMBER SHADWICK, M.S.**

Amber is a *Fitness Specialist* at Hilton Head Health. Amber is responsible for conducting fitness lectures, teaching fitness classes and personal training sessions. Amber graduated from the University of Kentucky with a Bachelor's degree in Kinesiology and Exercise Science and a Master's degree in Health Promotion. While at the University of Kentucky, Amber was a fitness instructor at the UK Recreation Center, instructed various aerobics classes for the UK Employee Wellness Program as well as served as an aerobic trainer for the UK Women's Gymnastics Team. She is a certified Group Exercise Instructor through the Aerobics and Fitness Association of America.

### **JEFF FORD, ACSM CERTIFIED PERSONAL TRAINER®**

Jeff is Hilton Head Health's Fitness Specialist and H3@Home Coach Manager. He is responsible for facilitating Health Habit Review sessions, personal training sessions, fitness classes and lectures, as well as managing our H3@Home program. Jeff graduated from Clemson University with a B.S. degree in Marketing and a minor in Health Sciences. He is a Certified Personal Trainer, and Health and Wellness Coach through ACSM.

### **AMY KELDERHOUSE, B.S., M.P.H., ACSM HEALTH FITNESS SPECIALIST®**

Amy is a Wellness Coach for Hilton Head Health, responsible for individual wellness coaching sessions with the H3@Home program. In addition, Amy also leads group fitness classes and personal training sessions. Amy graduated from Auburn University with a Bachelor's degree in Health Promotion and obtained her Master's degree in Public Health from the University of Georgia. Amy is a Certified Health Fitness Specialist and Health and Wellness Coach through ACSM, as well as a Certified Health Education Specialist.



*Hilton Head Health*

14 VALENCIA ROAD  
HILTON HEAD ISLAND, SC  
29928

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telephone 800.292.2440  
facsimile 843.785.2340

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HHHEALTH.COM

## CULINARY TEAM

### CHEF JEN WELPER

*Executive Chef*, Jen Welper, has a culinary nutrition degree from Johnson & Wales University in Rhode Island. Her past experiences include H3 Sous Chef, Dietary Manager at a long-term care and rehabilitation center and Banquet Chef at the Renaissance Marriot Hotel and Convention Center in Illinois. Chef Jen works on adding new flavors to the menu, as well as provides cooking demonstrations, nutrition education classes and one-on-one Chef Consultations and cooking lessons.

### CHEF MARVIS HINSON

Chef Marvis is Hilton Head Health's *Chef Educator* and is a Certified Educator from the American Culinary Federation, Inc. As Program Director for the Culinary Institute of Savannah Technical College for more than 25 years, she provides an excellent experience of food selection and handling skills, practical menu suggestions and cooking techniques for new and 'seasoned' home chefs alike. Chef Marvis has won numerous awards in the areas of service, education and culinary competitions through local, regional and national organizations.

### CHEF KARLA WILLIAMS

Chef Karla is Hilton Head Health's *Sous Chef*. A graduate from The Chef's Academy in Indianapolis, Karla's past experience includes Culinary Intern here at H3, as well as Sous Chef at Kona Grill in Carmel, Indiana. In addition to her love for nutrition and healthy cooking, Karla enjoys teaching part-time fitness classes. Her passion for living a well-balanced healthy lifestyle is apparent in her cooking demonstrations.

### CHEF ANUSCHKA SCHURR

*Chef de Cuisine*, Anuschka Schurr, has a culinary degree from Johnson & Wales University and a bachelor's degree from Colorado State University in Restaurant & Resort Management with a minor in German. Her diverse experience in the hospitality and food service industry over the past 20 years has prepared her for the challenge of creating healthful and delicious food while catering to guests' individual dietary needs.

## MANAGEMENT TEAM

### JOHN SCHMITZ, M.H.S.A.

John is the *Owner* of Hilton Head Health and has provided leadership for the organization's development as a serious weight loss destination. He has also been successful in his personal efforts with weight loss and lifestyle modification and serves as an inspiration to many guests. John has held various national and international positions with private and publicly traded healthcare companies and holds a Master's of Health Service Administration from Arizona State University.

### ROBERT S. MOORE

Robert is the *President & CEO* of Hilton Head Health. With over thirty years of management experience in hotels, as well as travel and hospitality companies, Robert brings extensive experience in superior guest services to H3. As a CPA/MBA, he understands the financial side of the business as well, creating significant improvements to the facilities and program offerings.

### BEN BROWN

Formerly the senior planner for the town of Hilton Head, Ben acts as *Director of Plant Services*, the primary representative on our construction projects. He provides leadership and acts on behalf of the company with architects, engineers and contractors to ensure a timely, cost effective completion of our projects. He also oversees the housekeeping and maintenance staffs to ensure a clean and well-maintained campus.

### ALLISON ADAMS

Allison is Hilton Head Health's *Guest Services Front Desk Manager*. Allison graduated from James Madison University with a Bachelor of Business Administration in Hospitality and Tourism Management. She oversees all Front Desk responsibilities and activities, as well as coordinates Guest housing. Allison joined the H3 Team in June 2008.