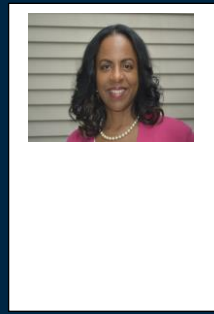


Dr. Donna Thomas, Trainer Balancing Life's Issues (BLI)

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▼ Summary

Dr. Thomas has held a variety of leadership positions in organizations that are complex and serve diverse populations. She is able to utilize her years of experience and skill set to effectively and compassionately address issues within organizations to meet their needs.

Dr. Thomas has conducted numerous health education seminars and fitness sessions that focus on prevention of disease and disability. She has delivered services to children, men, women, and individuals with special needs. Dr. Thomas always had a love for educating others on a variety of topics including but not limited to: nutrition/healthy eating, weight maintenance, healthy lifestyle, stress management, rehabilitation, chronic diseases, ergonomics, diversity, and inclusion. Being a speaker, virtual and hands-on instructor are platforms for her to deliver engaging trainings and seminars that assist in addressing the needs of others.

▼ Education

St. John Fisher College

- Doctor of Education, Executive Leadership

Long Island University

- Master of Science, Community Health

Springfield College

- Bachelor of Science, Rehabilitative Services

Athletics and Fitness Association of America

Certified Personal Trainer and Group Exercise Instructor

▼ References

Available upon request.

