



GABBY FONSECA

SENIOR WELLNESS COORDINATOR



602 648 9394



GABRIELA.FONSECA@THEMJCOS.COM



LINKEDIN.COM/IN/GABRIELAFONSECA/

EDUCATION

B.A. in Corporate Fitness and Wellness Management - Minot State University

FAVORITE QUOTE

"Motivation is what gets you started. Habit is what keeps you going."

Gabriela (Gabby) Fonseca joined the MJ team as a wellness coordinator in our Benefits Consulting department and was quickly promoted to senior wellness coordinator. In her role, Gabby works closely with the client service teams to act as an internal wellness consultant. Gabby collaborates with the wellness team to understand the wellness needs of our clients and develop a wellness strategy in alignment with each client's unique goals and objectives.

Before joining MJ, Gabby had gained extensive experience in the healthcare industry by working in various roles such as member champion, assistant women's soccer coach, and physical therapy technician. Her commitment to going beyond traditional wellness programs and developing dynamic solutions for our clients make her an invaluable member of the team.

When Gabby is not in the office, she likes to explore new fitness routines and try new restaurants. Additionally, she enjoys spending time with her furry companion Beethoven, while reading her favorite book, *The Alchemist*.

