



GABBY FONSECA

POPULATION HEALTH + WELLNESS
STRATEGIST



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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 population health + wellness strategist. Working with the rest of the population health + wellness team, Gabby partners with our clients to understand the unique health risks specific to their employees and organization. From there, Gabby and the team make tactical and strategic recommendations that seamlessly integrate with our clients' employee benefits offerings.

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*.