



GABBY FONSECA

WELLNESS COORDINATOR



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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."

Gabby Fonseca joined the MJ team as a wellness coordinator in our Benefits Consulting department. In her role, Gabby is responsible for collaborating with the wellness team to formulate population health and wellness strategies for clients that significantly reduce healthcare expenditures.

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 or challenge herself with puzzles to keep her mind sharp. Additionally, she enjoys spending time with her furry companion Beethoven, while reading her favorite book, *The Alchemist*.

