



Brenner FIT[®]

FAMILIES IN TRAINING

2025 Annual Report



COOK EAT
PLAY REPEAT

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Key Successes from 2025

Patient Care

- Welcomed **340** new families to clinic
- Completed **2,684** patient visits

Professional Education

- Directly impacted **193** post-grad students through our various programming
- Provided hands-on education for **10** residents and **2** fellows in clinic
- had over **1,072** hours completed by Program Interns

Community Engagement

- Added **2** new chefs
- Provided **86** classes (cooking, activity, and Academy) free to the community
- Instructed over **957** participants from these classes

Wrote One Book



Research

- Publishing results on **3** grants to further childhood obesity research

Brenner FIT

A Letter from the Director



The Brenner FIT Team **was planning on having a slow year** in 2025 so we could all catch up, organize our files and calendars, and get ready for 2026. **Well, better luck next year!**

We moved to our new clinic space in December 2024, and spent several months working out kinks, taking advantage of our gorgeous and roomy new clinic, building out schedules, and generally **thriving with our new “digs.”** This has allowed us to add **new programming**, including a mini-gym and activity space, counseling rooms, and a wonderful lobby and waiting area. We’re trying to take advantage of all this space has to offer, providing educational materials in easy-to-find areas throughout our clinic, while still making room for dedicated research space. We also welcomed **a new team member**, Alex Wilson, Activity Specialist, and look forward to welcoming more in 2026!

We are **serving more families than ever** - with expanded clinic space, we have adjusted our program to open up **more slots for families**. We have expanded our telemedicine/virtual care and **added more community cooking and activity classes** (which are very popular with families). This coming year, we are looking to expand even more with our talented and dedicated medical student volunteers leading classes and providing more virtual digital resources.

And oh yeah... **WE WROTE A BOOK!!!** Dara Garner-Edwards, Melissa Moses, and myself were approached by the American Academy of Pediatrics in 2023 about writing a book for parents that doesn’t focus on weight loss but on building healthy habits as a family. We have spent the past 2 years pulling together the best evidence and research, combining it with our nearly 20 years of experience in working with families, and spent weekends and evenings compiling it into **our book, *Your Child is Not Their Weight: Parenting in a Size-Obsessed World***. The book was released on March 17 and is available through all the normal sites (Amazon, Barnes and Noble, AAP website). Publishers Weekly called it “*The compassionate debut guide... explains how parents can navigate their children’s weight issues without instilling in them an obsession with size... [They have] constructed a nuanced and practical road map for prioritizing children’s overall well-being. Parents will find this a boon.*” You’ll find more fun reviews scattered throughout this report and a feature on page 6.

Thank you for your interest and support. **We look forward to an exciting 2026, and we’ll put off catching up to 2027.**

Sincerely,
Joseph A. “Joey” Skelton, MD, MS, FAAP, FTOS, DABOM
Director, Brenner FIT (Families In Training)
Atrium Health Levine Children’s Brenner Children’s Hospital
Professor of Pediatrics
Professor of Epidemiology and Prevention
Wake Forest University School of Medicine

Your Child Is **Not** Their Weight

Parenting in
a Size-Obsessed
World

Joey Skelton, MD, MS, FAAP

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

PATIENT CARE

Brenner FIT Clinic

Patient care is at the heart of the Brenner FIT program. Every decision we make prioritizes the well-being of the children and families we serve, which is why we take a **multidisciplinary, evidence-based approach to treatment**. Our three dedicated teams—**two English-speaking and one Spanish-speaking**—include pediatricians, dietitians, family counselors, and activity specialists who collaborate to address patient needs and provide personalized care. Nearly every patient visit, whether in-person or virtual, includes professionals from multiple disciplines, ensuring **comprehensive support**.

We also offer additional specialists in clinic to make access to these specialists as easy as possible for our families. This has always included a **physical therapist** and in 2025 we added our first **sleep specialist**.



Learn more about Brenner FIT

At Brenner FIT, we go beyond traditional weight-focused approaches. We take a parenting-centered approach that incorporates the **Ellyn Satter Division of Responsibility** framework, guiding families in building positive relationships with food, activity, and each other. By fostering a love for eating and movement, we shift the focus from weight loss and restrictive diets to **sustainable habits that promote lifelong health and well-being**.

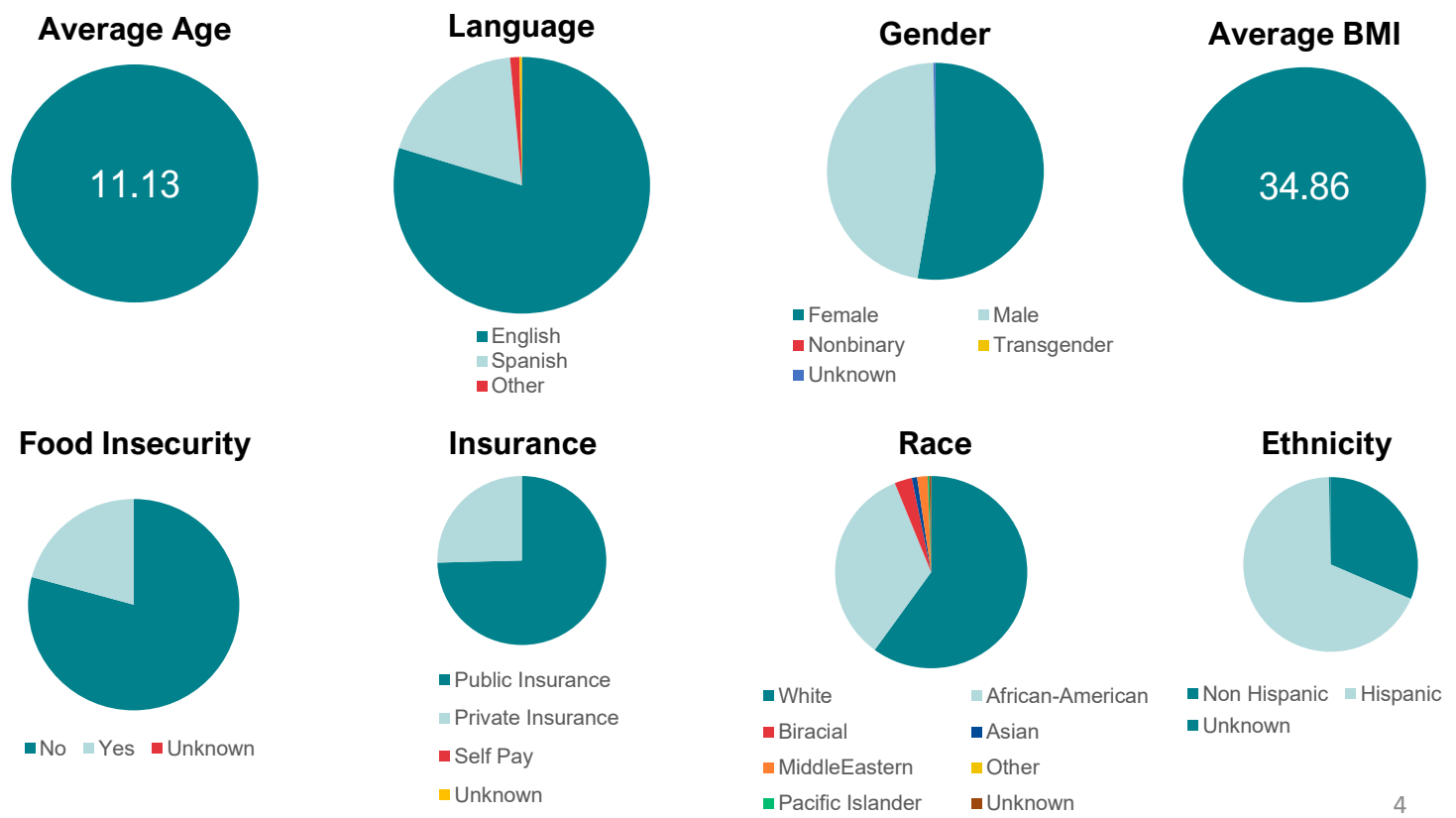


"A salve for parents trying to raise children who are happy, enjoy eating healthy food and physical activity, and love their bodies." — **Mary Story, PhD, RD, professor, Family Medicine and Community Health, Pediatrics, and Global Health, and Director, Healthy Eating Research, Duke University**

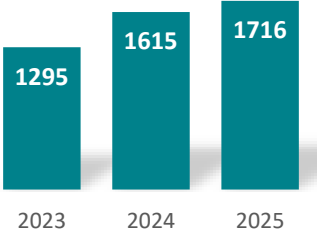


Patient Demographics

Data based on new patients entering the program in 2025



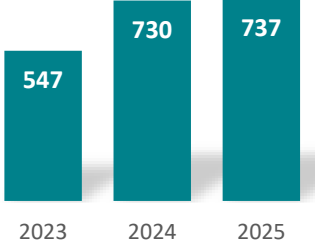
A Family's Path Through the Program



1

Referral

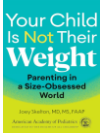
Children ages 2-18 with BMI $\geq$ 95%ile for age and sex are referred by their medical provider.



2

Online Orientation

Caregivers learn what to expect and can decide if the program is right for their family via a brief introduction.



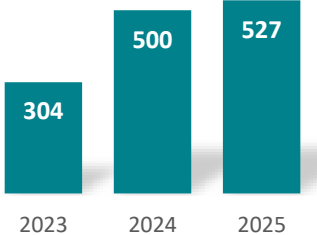
"Through stories about families, he demonstrates realistic strategies that are child centered, emotionally healthy, and compassionate for both children and parents." —**Sarah E. Barlow, MD, MPH, FAAP, Professor of Pediatrics, University of Texas Southwestern Medical Center; Director, Children's Health Integrated Programs in Childhood Obesity; and Coauthor, "Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity," American Academy of Pediatrics, 2023**



3

Virtual Evening Class

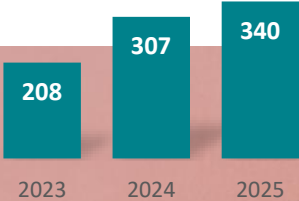
Caregivers learn about Brenner FIT's approach and prepare for clinical visits.



4

First Clinic Visits

Children and their families meet their clinical team and get started with their first health goal.



5

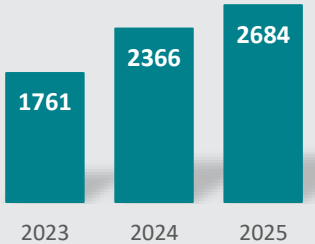
Follow-up Clinic Visits (with virtual option)

Families complete follow-up visits every 3-4 weeks for 6 months.

6

Six-month Medical Review Visit

Family sees the doctor and decides next steps.



Total Clinic Visits Completed
Includes #4, 5 & 6



Metabolic Syndrome and Prevention Clinic

Established in 2016, the Metabolic Syndrome and Prevention Clinic **extends Brenner FIT's services**. Children visit a Brenner FIT physician every 3 to 6 months, with nutrition support through a Brenner FIT Registered Dietitian if needed.

The clinic **treats children** with conditions like high cholesterol, pre-diabetes, and abnormal weight gain. Families concerned about weight can join Brenner FIT clinic or the Brenner FIT Academy: For Families program. This partnership reflects Brenner FIT's commitment to meeting the needs of the community.

Year	Patient Visits
2023	602
2024	510
2025	651

RESEARCH

Grants

SIT (Stay In Treatment) Study:

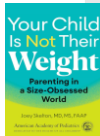
This study, funded by the National Institutes of Health, is completing its final year. Led by Dr. Skelton, this multi-site study (Boston Children's Hospital, Nationwide Children's Hospital in Columbus, Mercy Children's Hospital in Kansas City) developed a statistical model to predict who would finish and who may drop out of treatment. Findings are currently being published and will hopefully inform efforts to keep families engaged in treatment, and lead to innovative solutions to prevent attrition.

DISCOVERY Study:

This NIH-funded study is taking part at 15 sites across the nation to learn more about Type 2Diabetes in children. Dr. Skelton is a co-Investigator at the Wake Forest site, working with Principal Investigator Dr. Elizabeth Jensen in Epidemiology and Prevention.

IMPACT (INCREASED MONITORING OF PHYSICALACTIVITY AND CALORIES WITH TECHNOLOGY):

Completed in 2024, this NIH-funded study, awarded by the NIH to Dr. Justin Moore again, in partnership with Dr. Skelton and the Brenner FIT team, developed a mobile health (mHealth) intervention to use in clinics offering pediatric weight management. Results are now in the publishing process.

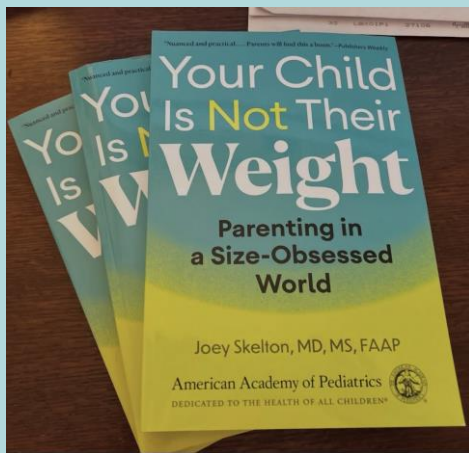


"With his signature good humor and authentic voice, Dr Skelton shows families how they can make positive changes while also enjoying mealtimes, family activities, and the joys of being together." --**Sarah C. Armstrong, MD, FAAP, Associate Director, Institute for Healthy Childhood Weight, American Academy of Pediatrics; Professor of Pediatrics, Duke University**



FOOD FUSSINESS, PEDIATRIC OBESITY,AND THE FAMILY UNIT:

This project was led by Rebecca Walker, a Wake Forest medical student and lead volunteer for Brenner FIT, that explored the prevalence and impact of picky eating in children and siblings in Brenner FIT, particularly in how it influences the family system. Ms. Walker won the NIDDK Research Award at the annual Wake Forest Medical Student Research Program Day and her findings are currently being published.



We wrote a book!

“How can we get the Brenner FIT message out to a larger audience?” has been a pervasive question for the Brenner FIT team since the program’s inception in 2007. So when approached by the American Academy of Pediatrics, Dr. Skelton didn’t hesitate. He led the charge alongside our fearless leaders Dara Garner-Edwards and Melissa Moses to rally the Brenner FIT team and use their cumulative experience to write a book.

Why now?

Brenner FIT has existed in various forms now for over 20 years, but our culture’s escalating emphasis on appearance, the continued rise of pediatric obesity, and the introduction of GLP-1 medications have all made the Brenner FIT message more important than ever. GLP-1s are advertised everywhere as a quick fix with celebrity after celebrity endorsing their slimming effects without discussing the risky side effects. Inversely, our families are facing the day-to-day challenges of rising food costs, complicated schedules, and limited access to safe spaces. Throw in our screen addictions and it’s no surprise that mental health challenges and eating disorders are on the rise.

What’s in it?

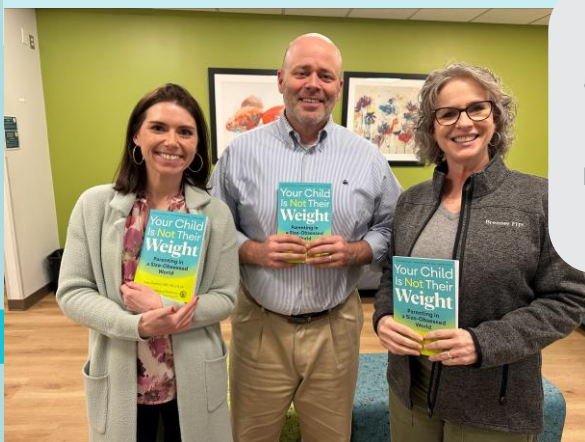
Faced with all this, what is a parent or caregiver to do? Written with those readers in mind, the book discusses how to facilitate a healthy relationship with food and activity in today’s diet-laden and size-obsessed world. We start with the basics: what does that number on the scale mean, how does it affect our health, and what in our environment affects it? From there, the book transitions into practical, step-by-step ways to support your child; how to implement positive changes in the areas you can control; and how to make those changes last. It is, quite simply, Brenner FIT treatment in a book.

What’s next?

All proceeds from book sales go straight back into Brenner FIT programing. That means we’re able to expand the wonderful work highlighted in this report. We also hope the book will help spread the Brenner FIT message nationwide to families outside of our clinic reach. If we can help even one more family feel seen, heard, and supported from this project, we will consider our efforts well worth it.

Where is it?

If you would like your own copy, it is currently available for purchase on Amazon, Independent Publishers Group, and shopAAP in paperback or electronic formats. And if you are interested in any other learning opportunities through the Brenner FIT program, let us know! We offer a variety of programs to meet your needs.



“This book blends compassion with medicine, science, insight, and wisdom. It is so helpful, and so human, and has been needed for so long.” —**Kelly D. Brownell, PhD, Dean Emeritus, Sanford School of Public Policy, Duke University**



COMMUNITY ENGAGEMENT

Brenner FIT Academy: For Families

Launched in 2015, this **6-week virtual community program** is a FREE, year-round resource for parents seeking support around their child's health and weight. **No referral is required**, and families living in **North Carolina or South Carolina** are eligible to participate. Since moving to a virtual format in 2021, the program has been offered more than **20** times, helping families make sustainable, positive changes.

The course equips parents with practical Brenner FIT tools and strategies to build healthy habits together as a family.

Year-end review:

- **3** sessions offered
- **95** caregivers attended



Upcoming
Class
Dates



Community Connections

Media Engagement

Throughout the year, Brenner FIT staff contributed expert perspectives to local and national media, helping elevate evidence-based, family-centered approaches to pediatric health.

National & Radio Media

- **Dr. Joey Skelton** was featured in *The New York Times* article, “*In Some Ozempic Households, the Weight Loss Is Contagious*” (June 12, 2025).
- Dr. Skelton also participated in a live interview on **SiriusXM Doctor Radio, Primary Care Medicine**, alongside Marina Kurian, MD, and Rachel Lustgarten, RDN.

Local Television Features

- **Melissa Moses, RD** appeared in multiple FOX 8 segments throughout 2025, sharing practical, family-focused cooking and meal ideas:
 - *Winter Meal Ideas with Brenner FIT* – January 15, 2025
 - *Try These Healthy Dishes for the Spring Season* – March 26, 2025
 - *Healthy Recipes to Try This Summer* – June 4, 2025
 - *Healthy Meals to Fuel the Family* – September 17, 2025
 - *Try These Healthy Holiday Recipes This Season* – November 5, 2025

Social Media and Community Education

Brenner FIT continued to engage families and community members through active social media platforms, sharing educational content, recipes, program updates, and resources to support healthy routines at home.

- Facebook: BrennerFIT
- Instagram: Brenner_FIT
- YouTube: @brennerfit6698

Community Partnerships

Winston-Salem/Forsyth County Schools

Brenner FIT partnered with the Student Wellness Committee to support parent engagement by sharing wellness resources and educational materials.

William G White Jr. Family YMCA

In collaboration with the YMCA, and with guidance from Brenner FIT, Wake Forest University School of Medicine students led a cooking class series for teens through the Reaching Our Potential program, which provides free YMCA memberships and supportive programming for youth.

Cooking and Activity Classes

Brenner FIT offers **fun, hands-on** cooking and activity classes for families in our clinic and the surrounding community. These **free, interactive** classes are designed to build confidence, encourage connection, and support lasting habits through real-life learning.



Participants
can sign up
on our
website

Cooking Classes

Our **Teaching Kitchen** is the hub of our cooking programs, where families learn by doing. We offer a range of class formats, including:

- **Family Cooking Classes:** Designed for up to 8 families per session
- **Kids-Only Classes:** Welcoming up to 16 children or teens per class

Exciting Updates for 2025:

This year, we expanded our program with **two** chefs on staff and strengthened our partnership with Wake Forest University School of Medicine. We onboarded **10** medical students to co-lead cooking classes.

These students:

- Completed our Doctors in the Kitchen culinary medicine course
- Served as regular volunteers
- Completed ServSafe training
- Received one-on-one training to use the kitchen independently

In addition, these students adapted and led a **teen cooking series** at the YMCA called Cooking Up Leaders and began planning a student club to recruit and engage more future volunteers with Brenner FIT.

Year-end Review:

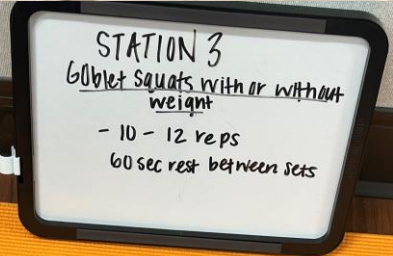
- **61** free cooking classes offered
- **774** individuals participated in our classes



We're excited to introduce our new Activity Specialist, Alex Wilson, who joined our team August 2025.

New fun coming in 2026!

Brenner FIT's Activity Specialist has been working hard to recruit **new community partners** to increase the variety of activities for families and add new creative ways to get our kids moving. These **new classes** include dance, drumming, pickleball, strength training, and so much more! If you have any suggestions for classes, please reach out.



Through this program, we've learned how important it is to meet the kids where they are, create an encouraging environment, and help them to step out of their comfort zones to build confidence on the field. Watching the kids show up each month engaged, and most importantly having fun, has been incredibly rewarding.

- Deron, BFIT Volunteer

Activity Classes

Let's have fun! Brenner FIT continues to work towards **safe and fun** opportunities for children and their families like soccer classes at RISE Indoor Sports led by Wake Forest School of Medicine students and Serve First Fun tennis clinics with Winston-Salem Recreation & Parks. Winston Salem Recreation & Parks also shared swim passes for clinic families to utilize local pools for summertime fun!

Year-end Review:

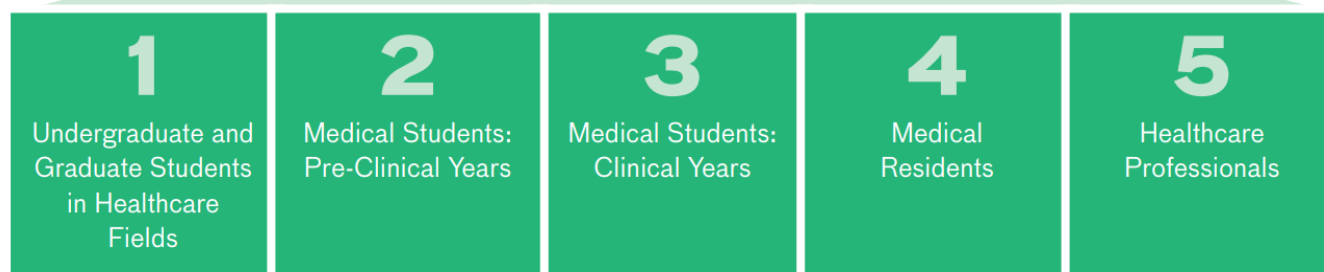
7 free activity classes offered 88 individuals participated in our classes



PROFESSIONAL EDUCATION

The Brenner FIT team believes that **educating future and current professionals** is essential to ensuring families receive comprehensive support across all areas of care. We achieve this through **outreach and education** at every stage of professional development. Our goal is to make a positive impact on children and families both within our practice and beyond.

Brenner FIT



Children and their families

1. Undergraduate and Graduate Students in Healthcare Fields



Dietetic intern Regan Williams, from UNC, posing with 3 sisters in a community cooking class.

Internships

Brenner FIT supports the development of future healthcare professionals by offering **interdisciplinary** internship experiences.

Year-end Review:

- Brenner FIT hosted **5** students
 - **1** undergraduate intern majoring in Nutrition & Wellness
 - **4** Dietetic interns
- Students completed **over 1,072** hours

"From the experienced leaders of one of the most well-respected pediatric weight management programs in the United States comes this well-researched, thoughtful, and timely guide to empower parents and caregivers." — **Sarah Hampl, MD, FAAP, Kemper Endowed Professor, Children's Mercy Center for Children's Healthy Lifestyles & Nutrition; Professor of Pediatrics, University of Missouri-Kansas City School of Medicine**



2. Medical Students: Pre-Clinical Years Doctors in the Kitchen

In this **interactive culinary medicine** course, Dr. Skelton guides first-year medical students through a **five-part series** focused on fundamental cooking skills and nutrition. The course is available in both the fall and spring semesters.

In total, **35** students completed the course in 2025.

3. Medical Students: Clinical Years Didactic Presentations



Twice a year, Brenner FIT conducts a two-hour interdisciplinary lecture for **third-year medical students** beginning their pediatrics rotation. This session introduces students to the evaluation and treatment of childhood obesity. In 2025, a total of **117** students attended.

Clinical/Research Rotations

Third-year medical students can spend a week with Brenner FIT physicians during their pediatrics core rotation, gaining foundational knowledge in pediatric obesity. **Five** students participated this past year.

Fourth-year medical students can join a four-week clinical or research rotation, working alongside the Brenner FIT team in daily clinic operations. **One** student completed this rotation in 2025.

Culinary Medicine Elective

The Culinary Medicine elective, led by Dr. Skelton, is a four-week course that explores the **impact of food on health and wellness**. Brenner FIT team members also contribute to the didactic sessions.

In spring 2025, **18 fourth-year medical students** participated, making it one of the most popular electives at WFUSOM.



"My involvement with Brenner FIT has been the most impactful experience of my medical school journey. I began volunteering during my first year and immediately felt drawn to both the mission and the community it serves. Food plays a central role

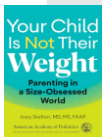
in our daily lives, yet cooking is often viewed as just another task in an already busy day. Brenner FIT reframes this perspective by showing that cooking can be both an enjoyable and meaningful opportunity for families to connect. In each class, families spend quality time together while preparing healthy, affordable, and delicious meals. Through this process, both parents and children build confidence in the kitchen, explore new foods, and develop skills that support a sustainable, balanced lifestyle.

In Doctors in the Kitchen, I further developed my understanding of nutrition and culinary skills. Inspired by this experience, I wanted to share these lessons with youth in the local community. Alongside a group of passionate peers, we launched Cooking Up Leaders, a program designed to provide cooking education for middle and high school students. Our goal is to make cooking fun and engaging while emphasizing safety, creativity, and confidence in the kitchen. Watching students and their families grow through cooking has been incredibly rewarding and has deepened my appreciation for the role of community engagement in promoting health. These experiences have not only shaped my personal growth but have also influenced how I hope to connect with and empower patients in my future career."

-Jacob Rosenfeld,
Volunteer & Med Student Lead Teacher



“[A] compassionate, evidence-based guide that helps families support their children’s health without focusing on the scale. This thoughtful and timely book reflects the American Academy of Pediatrics commitment to promoting children’s physical and emotional well-being free from stigma or shame.” —
Aaron S. Kelly, PhD, Professor of Pediatrics and Codirector of the Center for Pediatric Obesity Medicine, University of Minnesota



4. Medical Residents

Clinical Elective Rotations and Shadowing

First- and second-year pediatric residents each spend a day in the clinic as part of their chronic care rotation, with **9** residents participating in 2025. Additionally, pediatric and family medicine residents can opt for a 2- or 4-week elective for a deeper, **hands-on experience** in caring for patients and families affected by obesity. **One** family medicine resident worked with us for a 2-week rotation.

Fellows can opt to spend time with our team as well. During 2025, **both** the **Adult Obesity** fellow and the **Sleep Medicine** fellow spent time shadowing our team.

Didactic Presentations

Brenner FIT presents an **Academic Half Day session**, as part of an 18-month rotating curriculum for the pediatric residents. Topics vary and usually cover the latest guidelines and medical information to help future pediatricians care for patients with weight concerns. The sessions also include hands-on cooking experience and a case-based discussion on obesity. We did not present an Academic Half Day during 2025.

5. Healthcare Professionals



Brenner FIT Continuing Education Course

Since 2019, Brenner FIT has offered continuing education to healthcare professionals focused on caring for children and adolescents affected by obesity. In early 2025, the curriculum was updated and the course was renamed **Pediatric Obesity Management: Become the Expert in Your Clinic**.

The self-paced course includes five modules highlighting Brenner FIT’s evidence-based, family-centered approach. Participants earn **7 continuing education credits**, receive access to Brenner FIT educational handouts, and get monthly emails with additional resources. With this revision, the course was also approved for **Registered Dietitian continuing education credit**, expanding its reach across disciplines.

Participation by Course Cycle

- *Brenner FIT® Academy: For Professionals* (July 2023–June 2025): **11 registered** (Jan–June 2025)
- *Pediatric Obesity Management: Become the Expert in Your Clinic* (July 2025–June 2027): **33 registered** (July–Dec 2025)

To date, the continuing education course has reached **more than 274 healthcare professionals**, extending the impact of Brenner FIT’s approach beyond the clinic.



“[A] reassuring, evidence-informed guide . . . Blending scientific insight with practical, real-world experience, this book is a valuable and trustworthy resource for parents navigating these challenges.” —
Jamy Ard, MD, FTOS, Professor, Wake Forest University School of Medicine Past President, The Obesity Society

HOW YOU CAN HELP

Volunteer

Volunteers are an **integral part** of our community outreach programming and with our cooking and activity classes. In 2025, our wonderful volunteers completed a total of **627** hours, providing us with **vital support** for our various programs and classes.

If you are interested in becoming a volunteer with Brenner FIT, please email us at brennerfit@wakehealth.edu.

Donating online made easy



Donate

Much of what Brenner FIT does is **not covered by insurance**, and many of Brenner FIT's families **are unable to pay out-of-pocket**. Donations help Brenner FIT improve the health of children and families in the Triad and surrounding communities. If you are interested in supporting the work of Brenner FIT, please contact Brenner FIT (contact information is on the back), or Drew Schindler (336-716-6907, dschindler@wakehealth.edu) in the Office of Philanthropy and Alumni Relations.

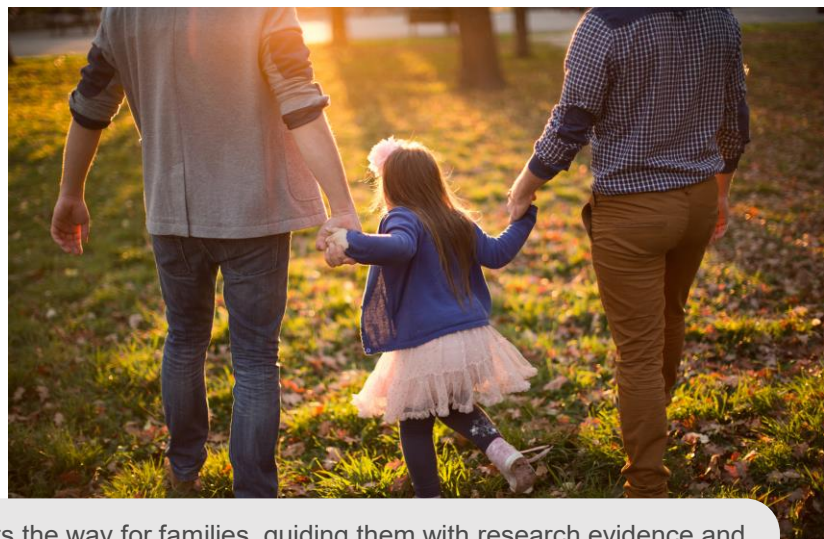
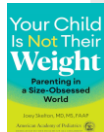
Examples of how donations help Brenner FIT:

\$100,000	Provide salary for additional staff members
\$25,000	Fund Brenner FIT Academies for 1 year
\$10,000	Purchase cooking class groceries for 1 year
\$5,000	Support creation of educational videos
\$1,000	Purchase activity class supplies for 1 year
\$100	Provide an instructor for a cooking or activity class
\$50	Purchase groceries for a cooking demonstration

Thank You

Brenner FIT relies on the support of our gracious and generous donors. With **heartfelt appreciation**, we recognize the following donors (monetary donations and gifts-in-kind):

- **Morris and Gertrude Brenner Foundation**
- **NASCAR Foundation - 2025 Speedy Bear Brigade Grant**
- **Character in Medicine Grant** from The Program of Leadership and Character at Wake Forest University provided to Sydney Warner for Brenner FIT Kitchen composting program
- **Mrs. Susan H. Cohen**
- **Howard Upchurch and John Hoemann**
- **Sara Pesek**
- **Lindsay Thompson**
- **Terry Simmons**



"Like a beacon, this...lights the way for families, guiding them with research evidence and practical, hands-on experience to help them form healthy habits that promote balance."
—Geoff D.C. Ball, PhD, RD, FTOS, Professor and Associate Chair (Research), Department of Pediatrics, Faculty of Medicine & Dentistry, College of Health Sciences, University of Alberta, Edmonton, Canada



COOK EAT PLAY REPEAT



OUR TEAM

Joseph Skelton, MD, MS, FAAP, FTOS

Director

Professor of Pediatrics

Professor of Epidemiology and Prevention

Dara Garner-Edwards, MSW, LCSW

Associate Director

Family Counselor

Certified Positive Discipline Parent Educator

Lorri Busby, MSW

Family Support Specialist and Social Worker

Nancy Carrera

Brenner FIT Chef

Gail Cohen, MD, MS, FAAP, FTOS

Pediatrician

Professor of Pediatrics

Melissa Dellinger, RDN, LDN

Dietitian, TeleFIT Coordinator

Spanish-speaking

Kim Crews

Senior Administrative Support Associate

Certified Admin Software Specialist

Referral Coordinator

Crissy Faison

Brenner FIT Chef

Destiny Godfrey, BS

Exercise, Activity and Play Specialist

Intern Coordinator

Angelica Guzman, MA

Program Manager, Brenner FIT en Español

Certified Positive Discipline Parent Educator,

Certification in Research Ethics and Compliance

Certified Health Coach

Spanish-speaking

Christine Jordan, EdS, LMFT

Facilitator, Brenner FIT Academy: For Families

Jewel Lewis, PT, DPT

Physical Therapist

Melissa Moses, MS, RDN, LDN

Dietitian, Program Manager- Clinical Nutrition

Janet Olivares

Brenner FIT Program Assistant

Volunteer Coordinator

Spanish-speaking

Rose Rodriguez

Patient Services Representative II

Spanish-speaking

Sarah Schaller, MSW, LCSW

Family Counselor and Coordinator

Spanish-speaking

Stephanie Strucinski

Brenner FIT Chef

Alexandria Wilson, BS, NASM-CPT

Exercise, Activity and Play Specialist

Anjelica Yancey, CMA II

Certified Medical Assistant II

Prescription Prior Authorization Management

336-713-BFIT (2348) \ fax 336-713-7841

brennerfit@wakehealth.edu

BrennerChildrens.org/BrennerFIT



2025 Annual Report