



HEALTH & WELLNESS TEAM

Andover: Jessie Lund

jessie.lund@ymcamn.org (612) 371-8775

Blaisdell: Chris Adam

chris.adam@ymcamn.org (612) 371-8767

Burnsville: Barb Jacob

barbara.jacob@ymcamn.org (952) 435-9014

Dayton: Jessica Wittwer

jessica.wittwer@ymcamn.org (612) 676-3774

Eagan: Tommy Smith

tommy.smith@ymcamn.org (651) 319-8020

Elk River: Brittany Wilson

brittany.wilson3@ymcamn.org
(612) 371-8757

Emma B. Howe: Tiffany Koller

tiffany.koller@ymcamn.org (763) 445-3644

Forest Lake: Tammy Sexton

tammy.sexton@ymcamn.org (651) 747-0816

Hastings: DeAnn Nicklay

deann.nicklay@ymcamn.org (651) 259-9670

Hudson: Hannah Patterson

hannah.patterson@ymcamn.org
(651) 259-9646

Maplewood: Devan Blake

devan.blake@ymcamn.org (612) 900-2819

New Hope: Gary Sandin

gary.sandin@ymcamn.org (952) 582-8284

Ridgedale: Steve Coley & Julie Appel

steve.coley@ymcamn.org (952) 582-8245

julie.appel@ymcamn.org (612) 371-8769

Shoreview: Jennifer Proper

jennifer.proper@ymcamn.org (651) 490-4888

Southdale: Jo Goulding

jo.goulding@ymcamn.org (651) 739-6597

St. Paul Eastside: Alexa Lautenbach & Dru Dalton

alexa.lautenbach@ymcamn.org

(612) 230-3605 & dru.dalton@ymcamn.org
(651) 747-0986

St. Paul Midway: Alexa Lautenbach

alexa.lautenbach@ymcamn.org

(612) 230-3605

White Bear: Terry Newsome

terry.newsome@ymcamn.org (612) 821-2951

Woodbury: Laurie Kumferman

laurie.kumferman@ymcamn.org

(651) 683-4706