



Press Release

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For Immediate Release

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Kathryn Kelly Appointed Wellness Coach at Orchard Cove

(Canton, Mass.)—Aline Russotto, associate executive director of Orchard Cove, announces the appointment of Kathryn Kelly as Wellness Coach for the new Center for Healthy Living.

Ms. Russotto is responsible for developing the Center for Healthy Living, which will provide new lifestyle offerings for members of Orchard Cove. The program is tailored to meet the member's individual goals for improved health and wellness.

Ms. Kelly works with an interdisciplinary team which designs personalized health and wellness programs with each member. Members will benefit from individual consultation and gain a better understanding of ways to enhance their overall lifestyle.

"Ms. Kelly is a talented health-care professional with progressive Healthy Lifestyle Coaching experience," says Ms. Russotto. "Her experience and skills, as well as her enthusiasm, will serve our members well."

Prior to joining Orchard Cove, Ms. Kelly was employed as a Health Coach for Blue Cross Blue Shield of Massachusetts and was the principal in a medical nutrition consulting company. She has more than twenty-three years of professional experience. Ms. Kelly completed her dietetic internship with MGH, and a masters degree from Boston University.

Orchard Cove is an award-winning continuing care retirement community sponsored by Hebrew SeniorLife, a national leader in senior care and a teaching affiliate of Harvard Medical School. For more information on Orchard Cove, please visit www.orchard-cove.org

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