



LIVING WITH & BEYOND CANCER CONFERENCE

MARCH 18, 2017

www.cancersupportnow.org to register

Mind/Body Health: José Maresma

José's passion is to help people find the best and healthiest version of themselves.



José Maresma is the Director of Programming at The Mindful Center and a Wellness consultant at Presbyterian Health Services. He has been a practicing exercise physiologist for over 25 years. José holds certifications in Advanced Clinical Weight Loss, Stress Management, Mind/Body Health, and Strength & Conditioning. He is currently co-facilitating Calm & Strong, an 8-week Meditation and Exercise program with Michelle Duval. Over his career Jose has worked with the US Olympic Training Center, USA Skiing, USA Soccer, USA Cycling, USA Triathlon, the NBA, NFL, NHL, along with over 100 Division One University Athletic Programs.