

Sachiko Komagata, P.T., Ph.D.

Sachiko has over a decade of clinical experience as a physical therapist in acute care hospitals and outpatient services working with individuals with diverse health concerns, including cardiopulmonary, neurological, oncological, geriatric, pediatric and sport related as well as general orthopedic cases. She has taught graduate level courses at Temple University, Thomas Jefferson, University of Medicine and Dentistry in New Jersey (UMDNJ) and currently serves as the Program Director & Associate Professor in Integrative Health at the Department of Integrative Health and Exercise Science at Georgian Court University leading its cutting-edge Master's degree program (both on campus and online) in Integrative Health. Her most recent teaching graduate and undergraduate level courses includes: Anatomy and Physiology: A Holistic Approach, Foundations of Holistic Health, Meditation for Life, Integrative Women's Health, Humor and Healing, Research Methods, Project in Holistic Health, Eastern Views of Holistic Health, Care and Prevention of Athletic Injuries, Intro to Health Sciences, Health Policy, Capstone in Health Sciences, Foundations of Health and Wellness Coaching, & Japanese Language and Culture. She has published in journals and co-authored books and presented/participated in various professional conferences as well as serving the community. She has Bachelor of Physical Education from Japan Women's College of Physical Education and both Master and Ph.D. in Physical Therapy from Temple University. One most recent notable award was Virginia Graham Teaching Excellence Award in 2021. She holds Physical Therapist license since 1993, Clinical Exercise Physiologist (formerly known as Clinical Exercise Specialist) by American College of Sports Medicine (ACSM), Tai Chi for Rehabilitation Board Certified Instructor by Tai Chi for Health Institute and received National Board-Certified Health and Wellness Coach (NBC-HWC) in 2020.

Stefanie Garguilo

Monmouth County Vocational School District
GMG Life Coaching

Hello! I'm Stefanie, I live in New Jersey and I am a wife, mom of 2, and a school counselor. With over 15 years of dedicated experience in the educational sector, I've worn many hats—teacher, school counselor, school culture club advisor, and social emotional learning district coordinator. Throughout my career, I have harnessed my passion for fostering inclusive and positive environments to create and lead a transformative School Culture Club. This initiative has notably enhanced unity and morale among students and staff alike, fostering a sustainable positive culture across the board.

As a certified life coach, my approach is grounded in motivation, creativity, and resourcefulness. I bring a deep understanding of the dynamics that drive successful personal and professional growth. My array of coaching certifications equip me to offer tailored guidance that sparks significant, lasting change.

What truly sets me apart is my unwavering commitment to connection. I believe in bringing people together to unlock their collective potential. Whether you're looking to enrich your personal life or to cultivate a more engaging and supportive workplace culture, I am here to guide you every step of the way.

I am committed to nurturing leadership, resilience, and a sense of community, helping clients to navigate personal and professional challenges with confidence and insight. My goal is to inspire lasting change, making a positive impact on lives and workplaces by cultivating spaces where everyone feels valued and connected.

Chrissy Signore
Co-Owner F45 Training Studio

Chrissy Signore is a health and wellness consultant, coach, co-owner of an F45 Training studio, and a proud mom of three young boys under four, including 6-month-old twins. After working in finance, she witnessed the toll that a sedentary lifestyle took on those around her, leading to declining physical health, reduced energy, and lowered productivity. Motivated to make a difference, she transitioned her career to focus on health and wellness, helping others achieve balance and vitality through small, sustainable habits.

With a passion for meeting people where they are to help get them to where they want to be, Chrissy provides personalized solutions tailored to individual and organizational needs. Her services include 1:1 coaching, group fitness challenges, habit behavior and wellness workshops and courses, wellness events of all sizes, and flexible online and in-person training programs. She also offers corporate wellness programs designed to create healthier, more productive workplaces and specializes in pre and postnatal programs that support moms through their unique wellness journeys.

As the co-owner of an F45 Training studio, Chrissy integrates her expertise in fitness with her holistic approach to wellness. She is committed to helping clients and teams build functional strength and resilience through attainable, sustainable healthy habits. Balancing her roles as a coach, consultant, co-owner, and mom, she strives to empower others to thrive in their personal and professional lives, one attainable step at a time.

Iyana Anderson
Licensed Social Worker

Iyana Anderson is a passionate advocate for mental health, holistic wellness, and community well-being. As a Licensed Social Worker, Iyana combines her extensive professional experience in the mental health field—spanning local non-profits, state government, and healthcare—with her personal lived experiences to create meaningful and impactful mental health solutions. She founded Well Together, a professional services company that provides customized mental health workshops, training, and events to organizations and communities. Iyana's ultimate goal is to break the stigma surrounding mental health, enhance mental health literacy, and promote overall wellness. Iyana is committed to helping others navigate their mental health journeys with compassion, practical tools, and knowledge, empowering individuals and organizations to thrive.

Patricia Magnotta, LSW, LCSW
Founder and Executive Clinical Director of Monmouth Integrative Counselling Services

Patricia Magnotta, LSW, LCSW, is the Founder and Executive Clinical Director of Monmouth Integrative Counseling Services. She began her career as a Social Worker with Atlantic Health System, providing crisis counseling for seven years before transitioning to private practice in 2017. Since then, Patricia has grown her practice into a thriving team of 17 therapists, offering comprehensive levels of treatment to support individuals and families throughout the community.

As a Certified Grief Counselor, Patricia specializes in helping individuals navigate the complexities of loss through personalized counseling. She also leads her own Grief Education Group, which is offered throughout the year to provide additional resources and support. In her role as a Clinical Supervisor, Patricia mentors other clinicians pursuing full licensure, sharing her expertise and

dedication to mental health care.

Patricia holds a B.S. degree from Villanova University and remains deeply committed to her mission of normalizing the need for mental health services in our communities. Through her leadership, she continues to make a meaningful impact on the lives of those she serves.

Cara Graham, M.A., BCBA
Graham Behavior Services

Cara Graham, M.A., BCBA, is the visionary force behind Graham Behavior Services, serving as its Executive Director and founder. Holding a Master of Arts degree in Special Education from Kean University, Cara pursued her passion by completing her Applied Behavior Analysis coursework at Caldwell University, earning her certification as a Board Certified Behavior Analyst,

Dedicated to enhancing the lives of individuals with developmental disabilities, Cara's expertise lies in delivering personalized, home, and community-based services. She is deeply committed to fostering growth and independence in both children and adults within this community.

Beyond her direct client work, Cara contributes significantly to her field. She currently holds the position of Chair for the NJABA Business Practices Workgroup, where she leverages her expertise to share industry standards and best practices, ensuring quality care for all. Cara is also an active contributor to her field, frequently presenting at conferences to share her insights and advancements in applied behavior analysis.

Her dedication extends beyond the professional realm, as she is a loving mother to three children. In her community, Cara generously volunteers her time to teach CCD and as class parent, sharing her values with young learners. In her leisure time, Cara finds joy in various activities, including baking bread and desserts, nurturing her garden, and meticulously planning family vacations. These endeavors not only bring her personal fulfillment, but also reflect her nurturing and detail-oriented nature, qualities that undoubtedly enrich both her personal and professional endeavors.

John Surguy, CPFA
Senior Investment Consultant
margFINANCIAL

John received a BE, Electrical Engineering from Stevens Institute of Technology in Hoboken, NJ and an MBA, Finance from University of Navarra in Barcelona, Spain. He later worked as a Managing Director and Principal at Wilshire Associates, where he consulted to large organizations on emerging asset management techniques. His clients included Asset Managers, State Pensions, Corporate Pensions, Central Banks, Sovereign Wealth Funds, Family Offices, Supranational Organizations, Insurance Companies, and Custodial Banks. John helped modernize portfolio management, including how investors allocate assets, construct portfolios, measure risk and evaluate performance.

As part of the margFINANCIAL team, John assists families with their financial planning and consults with businesses on their employee benefit programs. Having experienced the consequences of insufficient attention to well-being firsthand, he enjoys discussing how Financial Wellness can benefit people as a part of an overall Integrative Wellness initiative.

John resides in Marlboro, NJ with his wife Stacey and two children, Maggie and Austin. His family also includes a yellow lab, Luke Skywalker and three cats which were adopted on Thanksgiving,

Cranberry, Stuffing, and Licorice.

In his spare time, John enjoys sailboat racing, soccer, fitness, listening to music, reading, and traveling with his family. He volunteers for the Eastern Monmouth Area Chamber of Commerce and the Marlboro Soccer Association.

John holds Life & Health Licenses as well as, Series 7, and Series 66 FINRA Registrations.