Sharon O’Brien Profile

Sharon has been in the field of health promotion and wellness for her entire career – teaching prevention and intervention classes, coordinating corporate and community programs, and promoting wellness practices.

Currently, she is the Community Wellness Director at the Mandell JCC, responsible for the oversite of all wellness programming and community wellness partnerships between the JCC and local businesses, agencies, and municipalities. In addition, she is Site Supervisor for the JCC Fitness Center at St. Francis.  She is also managing partner of Holistic Health Options, LLC, a successful business started during COVID which provides acupuncture, massage, sound, energy, hypnosis, and other comforting modalities.

Her 27 years at Trinity Health of New England/Saint Francis Hospital as Director and Founder of the Center for Integrative Medicine and as Assistant Director of the Comprehensive Women’s’ Health Center provided a foundation for experience in all areas of wellness. Through the years she has received training and/or certifications in health and life coaching, mind-body medicine, M-technique, Ayurvedic massage, Reiki, weight management, mindfulness, and stress management. She also has a Bachelor of Science degree in Health Fitness from Springfield College.