

Jamie Kistler, R.N.

Preventive health education has been Jamie's passion for over twenty years. She received her R.N. in 1990 and was certified as a Health and Fitness Instructor in 1993. Jamie is the Manager of Quality Monitoring at Ashfield Healthcare, LLC her employer for six years. She has worked as a health educator, program director/designer and trainer in the areas of weight management, cardiac and musculoskeletal rehabilitation, fitness training, medical information and drug safety services. Jamie also owns and operates Weigh Ahead, LLC a small health and weight management business.

Balancing all aspects of health in a busy life gives Jamie firsthand experience working with her clients. She establishes trusting partnerships that include compassion and understanding as well as accountability and follow through.

Jamie lives in Glenside, Pennsylvania with her husband, two adult children and two dogs.