Karam Yoo **MS, NP-C**

Karam Yoo is a graduate of the Connell School of Nursing at Boston College. Prior to joining Marathon Health, she served as a primary care provider at a federally qualified health center. She is a strong believer in wellness promotion and illness prevention through empowering patients with tools to better care for themselves. Her practice philosophy focuses on viewing the patient from a holistic perspective. Through identifying barriers to care and providing education, Karam strives to work together with patients to help achieve their goals.

Mercy Bashir **MSN, ANP-C, GNP-BC**

Mercy Bashir is a board-certified adult and geriatric nurse practitioner. She graduated from the University of Massachusetts Lowell, with a master of science in nursing. Previously, Mercy worked as a nurse practitioner in the outpatient specialty and urgent care clinics at the Edith Nourse Rogers Memorial Veterans Hospital. She also worked for Concentra at the General Electric Lynn worksite as a chronic disease nurse practitioner and was part of the team that developed the worksite’s employee health and wellness programs. Mercy has a passion for health promotion, wellness, and chronic disease management.

Carine Corsaro **RN**

Carine is a registered nurse and graduate of the Lawrence Memorial/Regis College Nursing program. She most recently worked on an inpatient medical floor at Beth Israel Deaconess Medical Center. Prior to her nursing career, she worked as an exercise physiologist at the same hospital and helped employees and patients achieve their health and wellness goals. Carine has a bachelor of science in kinesiology and is a certified clinical exercise physiologist through the American College of Sports Medicine. Her specialties include weight management and exercise programming.
Natalia Sanchez MA

Natalia brings 11 years of experience in a variety of specialties including urology, otolaryngology, and adult primary care. Most recently, Natalia worked at a local primary care office affiliated with Boston Medical Center and Boston University. She is currently pursuing a nursing degree at a local community college after completing the medical assistant program at Nassau BOCES in 2002.

Janet Fontana RN

Janet received her master of science in health education from Norwich University and bachelor’s degree in nursing from Fitchburg State College. She has completed post-graduate training in positive psychology and mind/body medicine through programs sponsored by Harvard Medical School. Her experience as a registered nurse includes home health, surgical, intensive care, and founding a health and wellness company. Janet is certified in health coaching, hypnotherapy, yoga and meditation, and chronic disease self-management.

The Wellness Center

Meet the Staff

The Wellness Center
Steve Tisch Sports and Fitness Center, Medford/Somerville Campus
Monday–Thursday, 8am–6pm
Friday, 8am–4pm

Health Coaching
Grafton Campus: Wednesday, 9am–2pm
Boston Campus: Thursday, 10am–2pm
617-627-0467
www.marathon-health.com/myphr