Meet the Staff
The Wellness Center

Mercy Bashir | DNP, AGNP-BC
Mercy Bashir is a board-certified adult and geriatric nurse practitioner. She graduated from the University of Massachusetts Lowell with a masters and doctorate of nursing practice. 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.

Nina Diggs | MSN, ANP-BC
Nina Diggs is board-certified adult nurse practitioner. She graduated from Simmons College with a Master of Science degree in nursing. Previously, Nina worked as a nurse practitioner in community-based primary care, serving populations in a clinic setting and in their homes. She has also worked in healthcare management. Nina has a passion for wellness, health promotion, chronic disease management, and home-based intensive care management.

To schedule an appointment, call the health center or go online to my.marathon-health.com

The Wellness Center
Steve Tisch Sports and Fitness Center
161 College Ave
Medford, MA 02155
617-627-0467
Mon-Thu 8am - 6pm
Fri 8am - 4pm
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Amanda Murphy | RN

Amanda is a registered nurse with a Bachelor of Science degree from the University of Vermont. She lived and worked in Vermont for five years before returning to her home state of Massachusetts in 2015. While in Vermont, she studied with Kathy McNames of Yoga Vermont to become a registered Yoga teacher. She has done training in wellness coaching, nutrition coaching and chronic disease management. Amanda continues to work as a Neurological Intensive Care nurse at Brigham and Women's Hospital in Boston while also pursuing her passion for preventative medicine and wellness in her work as a health coach. She has a deep appreciation for hiking, local foods, community, getting outside and finding ways to be active.

Janet Fontana | RN

Janet received a master of science in health education from Norwich University and a 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.

Natalia Sanchez | MA

Natalia brings 17 years of experience in a variety of specialties including urology, otolaryngology, and adult primary care. Natalia has been with the Tufts Wellness Center for more than five years and is currently pursuing a nursing degree at Lawrence Memorial/Regis College.

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