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.

Nina Diggs MSN, ANP-BC

Nina Diggs is board-certified adult nurse practitioner. She graduated from Simmons College, Boston 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. In addition to actively practicing as a nurse practitioner, Nina also teaches clinical for undergraduate nursing students. Nina has a passion for wellness, health promotion, chronic disease management, and home-based intensive care management.

Carine Corsaro RN

Carine is a registered nurse who graduated from the Lawrence Memorial/Regis College Nursing program in 2011. 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 both employees and patients achieve their health and wellness goals. Carine has a bachelor of science in kinesiology and a minor in psychology from the University of Massachusetts Amherst and is a certified health fitness specialist through the American College of Sports Medicine. Her specialties include weight management and exercise programming.
Meet the Staff

The Wellness Center

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.

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.

The Wellness Center

Medford
161 College Ave
Medford, MA 02155
Monday – Thursday: 8 a.m. – 6 p.m.
Friday: 8 a.m. – 4 p.m.
(617) 627-0467

Grafton
6 Captain William O’Brien Road
North Grafton, MA 01536
Bi-weekly Monday: 8 a.m. – 4:30 p.m.
Wednesday: 8 a.m. – 4:30 p.m.

Boston
6th Floor, Room 602
75 Kneeland Street
Boston, MA 02111
Thursday: 8:30 a.m. – 5:00 p.m.

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