



Lana M. Saal, EdD, NBC-HWC, CWP, MCHES

Associate Director, Community Education, Wellness and Impact

American Diabetes Association

CEO

The VitHealthity Group

Cape Canaveral, Florida

Dr. Lana Saal holds a Doctorate in Educational Leadership, Master's in Health, and Bachelor's in Nutrition, Certified Wellness Practitioner (CWP) through the Wellness Alliance, Master Certified Health Education Specialist (MCHES) through the National Commission for Health Education Credentialing, Certified Tobacco Treatment Specialist (CTTS), and is a National Board Certified Health and Wellness Coach (NBC-HWC).

Dedicated to positively impacting well-being of others, Lana has a passion for inspiring people—through a combination of education and meaningful motivation—to grab hold of health and well-being toward living the best life. She has served as lead on the Occupational Health contract team for Health Promotion, Wellness, Employee Assistance Program (EAP) and Fitness for NASA. Lana is the Associate Director of Community Education, Wellness and Impact for the American Diabetes Association and is owner of The VitHealthity Group, specializing in creative multicultural wellness strategies focusing on Menopause and lifespan Healthy Aging through presentations, programs, and workshops. She also is an instructor in lifestyle health sciences at the University of North Texas Health Science Center, the University of West Georgia, and is on faculty for health and wellness at the University of Phoenix.

Speaker, author, and inspirer of happier healthier humans Lana is a lifelong educator with 25-years of expertise leading successful strategic solutions in health promotion, behavioral and mental health, nutrition, weight loss, fitness, stress management, and tobacco cessation positively impacting workplace cultures.

Lana has held several volunteer leadership positions on many non-profit boards for national organizations including 20-years for the American Cancer Society and Making Strides Against Breast Cancer. Dr. Saal is past president of the Board of Directors for the National Wellness Institute (NWI) and holds a leadership position on the Wellness Alliance Advisory Council Board.