

FACULTY BIOGRAPHIES

Kathy Geller

Ms. Geller currently owns and operates Kathy Geller's Fitness Program specializing in developing exercise programs for clients with arthritis and osteoporosis. For 7 years, she served as Senior Community Manager/Exercise Specialist for the New Jersey Chapter of the Arthritis Foundation. In that capacity, she was responsible for all Arthritis Foundation exercise programs, leader training workshops, and community outreach. She serves on the elite National Arthritis Foundation Trainer Flying Squad qualifying her to conduct training workshops throughout the United States.

Ms. Geller is an American Council on Exercise (ACE) Group Fitness Instructor and Personal Trainer. In addition, she is a member of the American College of Sports Medicine, the Association of Rheumatology Health Professionals, and a Master Member of IDEA, the International Association of Fitness Professionals. She has given presentations to national organizations on fitness and aging and was recently elected to the Board of Directors of the New Jersey chapter of the Arthritis Foundation.

Michael I. Goldberger, MD

Since 1998, Dr. Goldberger has been the Director of the Foot & Ankle Center at Tri-County Orthopedics in Morristown, NJ. He is an orthopedic surgeon specializing in the care of foot and ankle disorders. He also has expertise in treating athletic injuries of the foot and ankle.

After graduating from Emory University, Dr. Goldberger received his medical degree from Jefferson Medical College with honors in orthopedics. After completing his orthopedic residency, he spent a year in fellowship training in foot and ankle surgery at the University of Pittsburgh Medical Center in Pittsburgh, PA.

In the Foot & Ankle Center at Tri-County Orthopedics, Dr. Goldberger specializes in the treatment of ligament and tendon disorders in the ankle, including the Achilles tendon, as well as fracture care. He also specializes in foot and ankle reconstruction and treats conditions including hallux valgus, ankle arthritis, and flat feet.

Dr. Goldberger chairs national instructional courses to teach orthopedic surgeons innovative techniques in foot and ankle surgery. He has special interest in advanced techniques in Achilles tendon surgery, including percutaneous repair. Additionally, he is a Fellow of the American Board of Orthopaedic Surgery and an active member of both the American Orthopaedic Foot and Ankle Society and the New Jersey Orthopaedic Society. He has been honored by the New Jersey Chapter of the Arthritis Foundation.

FACULTY BIOGRAPHIES (cont)

Alan S. Lichtbroun, MD

Dr. Lichtbroun is a graduate of the State University of New York at the Brooklyn Health Science Center in Brooklyn, NY. His internship and residency were at North Shore-Long Island Jewish Hospital in New Hyde Park, NY. Upon completion of his residency, he was given a fellowship at the Mount Sinai Hospital in NY.

A rheumatologist for many years, Dr. Lichtbroun has a deep interest in geriatric medicine and connective tissue research. In addition, he has been a medical presenter for CNN. He also serves as an Assistant Clinical Professor at the University of Medicine and Dentistry of New Jersey and Robert Wood Johnson University Hospital. Dr. Lichtbroun's practice is in East Brunswick, NJ.

Beth Youmans, PhD, LCSW, RYT

As a licensed Clinical Social Worker with a PhD in Psychology from Seton Hall University in South Orange, NJ, Dr. Youmans has been able to incorporate mind-body approach to health and wellness in a wide variety of settings. She brings her counseling services to the corporate world, and is currently under contract with Prudential Financial.

Dr. Youmans is the Founder and Director of Yoga Central in Bridgewater, NJ. Her certifications include cardiac yoga, adaptive yoga, as well as stress reduction, and meditation training. She is a popular speaker and provides workshops that deal with life's challenges.