



## **Melissa Andreychuk** **Program Coordinator**

Meet Melissa, the Better, Healthier You Program Coordinator. She is a 200 Hour Experienced Registered Yoga Instructor, Trauma Informed Yoga Certified, has experience teaching a variety of yoga classes and styles and a management background within the fitness industry. She graduated from Western Michigan University with a Bachelors in Communication Studies and a Minor in Business, and has an Associates in Art & Design from Grand Rapids Community College. Melissa is originally from the Metro Detroit Area, and has lived in the Grand Rapids area since 2011. She is passionate about yoga and all of its teachings, mental health and helping people to see they are beautiful just as they are. Her favorite forms of movement include yoga, dance fitness, walking and weight training. In the past, Melissa worked as an Executive Assistant at Amway in both Global Procurement and Alticor Corporate Enterprises. She is excited to be back at Amway in this role to help employees, retirees and their families live better, healthier lives! Melissa enjoys spending time with her young daughter, husband and family dog, and being around people that strive to uplift one another. She is also an avid reader and enjoys spending time with her book club group.