

Laura Bellizzi
Teaches in Cheshire, East Hartford

Laura graduated from Bryant University in 1985 with a business degree and has worked in various Finance, Marketing and Sales positions in the Greater Hartford area. Laura made a career change after her second child was born, who required the help of an Occupational Therapist to learn how to eat. In 2004 she graduated from Springfield College with a Master's Degree in Occupational Therapy. Her experience has primarily been with the senior population with a focus on wellness, safety and successful aging in place. In 2016 she became certified in LSVT-Big, a research-based exercise protocol for people with Parkinson's Disease. She has seen first-hand how exercise and LSVT-Big have been able to transform peoples' lives.

Laura enjoys golfing, exercising, Bikram yoga, and spending time with her husband Jerry and kids, Johnathon and Lauren.

Certifications/Licenses

Senior Fitness Certification
Brian Grant Parkinson's Certification
LSVT-Big Certification
Licensed Occupational Therapist
Certified Brain Injury Specialist
CPR Certified