

Meet Jessica!

Jessica Formea is the new Health and Wellness Coach for HSHS LeadWell. Before joining LeadWell, she worked in the fitness industry for over 10 years as a gym manager and personal trainer. In that role, she helped hundreds of people to integrate sustainable, healthy habits into their daily lives.

Jessica and her husband Cory have four sons, William, Carter, Jackson and Marshall. Outside of coaching, she enjoys arts and crafts of all kinds and a good game of trivia.

She is looking forward to meeting with City of Springfield employees and hopes to be a source of support and encouragement.



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