



FitHeads.com  
1-717-220-4808  
327 W. 2nd Street  
Hummelstown PA 17036

Get Fit, Stay Fit, and Have Fun Doing It™



## Your FitHeads® Team

The FitHeads® System takes a team approach to help you succeed with what you need to do both physically and mentally to lose weight and to keep it off. You'll have professionals from across the spectrum of health and fitness sciences on your team. They'll make it simple, easy and fun to get fit and stay fit.



### **Dr. Chris Sciamanna**

*Penn State  
Milton S.Hershey Medical Center*

Christopher N. Sciamanna, M.D., M.P.H., is a Professor of Medicine and Public Health Sciences at the Penn State Milton S. Hershey Medical Center, and Chief of the Division of General Internal Medicine. As part of his duties, he heads the Obesity and Diabetes Clinic.

Dr. Sciamanna earned a bachelor's degree in natural science from Muhlenberg College and a medical degree from Jefferson Medical College. He completed his internal medicine residency at the University of Pittsburgh, and then completed a fellowship in general internal medicine, as well as a master's degree in public health, at Johns Hopkins University. Dr. Sciamanna served as Assistant Professor, Department of Community Health, Brown University, and most recently as an Associate Professor, Department of Health Policy, Jefferson Medical College.



### **Doug O'Brien**

*Certified Master Practitioner  
Neuro-Linguistic Programming*

Doug O'Brien is a Certified Master Practitioner and Trainer of Neuro-Linguistic Programming. He helped found the Department of Complimentary Medicine at Columbia Presbyterian Hospital in New York City. Doug works directly with pre- and post-operative patients on long-term behavioral change to generate healthy living.



### **Jane Torregrossa**

---

*M.S. Mental Health Counseling  
National Certified Counselor*

Jane Torregrossa is a graduate of the Shippensburg University Mental Health Counseling Program and is a National Certified Counselor. Jane works with her clients to recognize and utilize their unique strengths to facilitate personal change. Her focus is to help them feel good and live life more fully through personal empowerment.



### **Insun Park**

---

*Director, Won Institute*

Insun Park is a Director at the Won Institute of Graduate Studies located in Glenside, PA. She's an expert in using the mind-body connection to improve all facets of your health.

## **Founders**

Bill Torregrossa and Mark Potts both spent 25+ years as entrepreneurs within Fortune 500 companies, where they had successful wide-ranging careers. Their passion for improving lives through helping people establish healthier lifestyles led them to launch the research program that resulted in the FitHeads System.



### **Mark Potts**

---

*Co-founder, FitHeads System*

Mark graduated from Queen's University in Kingston, Ontario, Canada in 1980 with a Bachelor of Commerce degree. He was Director, Marketing for The Hershey Company's Canadian subsidiary before moving into General Management - running divisions of several of the company's international subsidiaries, doing Business Development in Europe and Latin America and ultimately settling in the US, where he led the company's move onto the internet.



### **Bill Torregrossa**

---

*Co-founder, FitHeads System*

Bill began corporate life as an Industrial Engineer with The Hershey Company after graduating from Syracuse University in 1974. He was a Director in both the Research and Development, and Human Resources departments before moving into the Direct Marketing group, which he ran for several years. As President of The Short Burst Learning Company he developed a unique interactive learning method that significantly improves the speed and scope of knowledge retention.