



Lana Saal, Ed.D., MCHES, CWP, CHWC

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Dr. Saal is currently CEO and founder of the VitHealthity Group, specializing in creative benefit solutions and biopsychosocial in-person and virtual programs for navigating through menopause. She recently was the lead on the occupational health contract team for health promotion, wellness, employee assistance program (EAP) and fitness for NASA. A speaker, author, and inspirer of happier healthier humans as a lifelong educator, Saal has 25 years of expertise leading successful strategic solutions in benefits, health promotion, behavioral and mental health, nutrition, weight loss, fitness, stress management, and tobacco cessation. She incorporates diversity, equity and inclusion, positively impacting workplace culture and work-life satisfaction and integration. Saal has held several volunteer leadership positions on many boards in Florida and national organizations with expertise linking programs and services with groups and individuals. She has volunteered extensively with the American Cancer Society and Making Strides Against Breast Cancer. Saal is a recipient of the National Wellness Institute (NWI) nationwide Circle of Leadership award and currently serves as President for the Board of Directors for NWI. Saal holds a Doctorate degree in Educational Leadership, a Master's degree in Health, and Bachelor's degree in Nutrition. She is a Certified Wellness Practitioner (CWP) through the National Wellness Institute, has the Master Certified Health Education Specialist (MCHES) designation through the National Commission for Health Education Credentialing, is a Certified Tobacco Treatment Specialist (CTTS), and is a Certified Health and Wellness Coach through Wellcoaches.