

Instructors at the Total Wellness Retreat



Jon Fritz, BA, CEP, CDE

Jon Fritz manages the Wellness Department at Heart of the Rockies Regional Medical Center (HRRMC) and has over 20 years of clinical experience in health and wellness.

Jon is a certified clinical exercise physiologist, certified diabetes educator, health coach, cardiac rehab therapist, tai chi instructor and personal trainer.

He worked in the Cardiovascular Health Clinic at the Mayo Clinic and then operated a lifestyle management program for 10 years in Minnesota. He joined HRRMC in 2014.

Jon has logged over 10,000 hours leading group backpacking trips in Colorado, Minnesota and North Carolina, and has witnessed firsthand the therapeutic impact of nature.



Devon Moughan-Phillips, MS, RDN

HRRMC's Dietary Manager Devon Moughan-Phillips is a registered dietitian nutritionist with a 15-year background in the health and wellness field.

Devon received her master's degree in dietetics from Loma Linda University Medical Center in California and is passionate about health education.

Devon is an avid hiker, backpacker and river runner. She enjoys introducing people to the healing elements of nature and demonstrating how food plays a major role in health and happiness.



Sam Van De Velde, MS, CES

Sam Van De Velde is a certified cancer exercise specialist with a master's in exercise physiology. Sam has a diverse background in endurance performance coaching at the NCAA Division 1 level, outdoor recreation guiding, emergency medical response and clinical exercise physiology.

He specializes in preventing chronic disease and managing cardiovascular disease, obesity, diabetes, cancer and Parkinson's. Sam educates his clients on how to make behavioral and lifestyle changes to prevent or manage chronic diseases.

Sam is passionate about quality of life and utilizes exercise as medicine through individualized exercise prescriptions.



Denise Ackert, BA, LMT

Denise Ackert is a licensed massage therapist who has worked in the wellness field for over 25 years. Her work includes mindfulness meditation education, yoga instruction, massage therapy, and Ayurvedic (alternative medicine that treats and integrates body, mind and spirit) lifestyle counseling.

Denise has been a student of insight meditation for over 30 years and has training in the Mindful Schools curriculum; Love and Logic parenting; and Prison Mindfulness Institute's Path of Freedom®, a mindfulness-based emotional intelligence model for at-risk and incarcerated youth and adult prisoners.



William Schroeder, DO

Dr. William Schroeder is a board-certified internist and integrative medicine physician at HRRMC Internal Medicine. Integrative medicine focuses on the patient and addresses disease treatment and prevention and optimizing health.

Dr. Schroeder earned his osteopathic medical degree from Des Moines University and did internal medicine residencies at Henry Ford Hospital and Spokane Internal Medicine. He also completed a fellowship in integrative medicine at the University of Arizona under Dr. Andrew Weil, a frequent lecturer on PBS and an expert in the field of integrative medicine.



Francene Mason, MD

Dr. Francene Mason is a board-certified internist and medical oncologist who has practiced clinical and academic medicine for over 35 years. She provides oncology services at HRRMC and is passionate about the impact healthy lifestyle choices can make on cancer prevention and treatment.

Dr. Mason earned her medical degree from the University of Pittsburgh, and completed her internship and residency in internal medicine as well as a fellowship in medical oncology/hematology at the Hospital of the University of Pennsylvania.

Dr. Mason co-authored the first prescriptive book on exercise and cancer titled "The Force Program," and has lectured and published widely in the field.



Kenneth J. Wool, MD

Dr. Kenneth Wool is a board-certified cardiologist and internist at HRRMC.

Dr. Wool earned his medical degree from the University of South Alabama College of Medicine in Mobile. He did a residency in internal medicine at the University of Texas Health Sciences Center in Dallas, then served as chief medical resident at the University of South Alabama College of Medicine. He continued his training with fellowships in cardiology and nuclear cardiology at the University of Alabama in Birmingham.