Faculty

Betty Andreadis, RN
Betty Andreadis is a Registered Nurse with over 35 years experience in acute health care. Ms. Andreadis holds her degree in Nursing Education and has certification in Nursing Professional Development. Currently she teaches trains and supports the development of new nurses in the clinical setting. Ms. Andreadis is involved the community where she teaches a comprehensive falls and injury prevention program, called Stepping On, developed by the Suffolk County department of health services, which targets senior citizens. Betty is also an Instructor with Molloy College- Division of Continuing Education and Professional Development. She teaches in both the Medical Assistant and Medical Records program with a focus on Anatomy & Physiology.

Tracy Cleary, C.H.H. P
Tracy Cleary is a board-certified health counselor. She graduated from the Institute of Integrative Nutrition in New York. Her certification is from Columbia University's Teachers College and the American Association of Drugless Practitioners. Tracy developed her expertise which now is the cornerstone of her practice. She is a Certified QRA Practitioner. Tracy is the owner of Pure and Simple Health, a revolutionary new concept in natural health, utilizing international technologies, therapies, and products to help children and adults regain health, vitality, and joy. The amazing effectiveness and efficiency of the programs are the result of her practical approach, holistic viewpoint, and ever-expanding knowledge of groundbreaking natural medicine.

Bud Cosgrove, BS, MA
Bud is a Certified Personal Trainer and Fitness Group Instructor. He is currently the Director of Senior Wellness Program at the Sportset Health and Fitness Club in Rockville Centre, NY. He is an ACE and American Sports and Fitness Certified Personal Trainer and an American Senior Fitness Association Group Fitness Instructor. He holds a dual Bachelor of Science Degree in Health and Physical Education and a Masters Degree in Physical Education and Recreation Administration. Bud’s formal teaching experience includes over 30 years as an adjunct professor in the Department of Health Care and Public Administration at LIU, CW Post campus; other teaching experience include: Molloy College’s Business Department, Adelphi University, St. Joseph’s College in Patchogue, and SUNY Farmingdale.

Theresa Marigliano, BA
Theresa is the Co-Owner of Come Together Yoga Studio and Partner of Sportset Health & Fitness Club in Rockville Centre, NY. She is a certified Yoga Instructor with over 10 years in the fitness industry. Theresa is an AAFA/ECIT certified Personal Trainer and Group Fitness Coach. She has a BA in Finance. She has spent her entire fitness career at Sportset, running the Yoga Studio & School, hosting workshops, teaching classes and helping run the business.

Jamie Reis, BA
Jamie is a certified fitness coach with certificates in TRX Suspension Training and Tabatha Protocol. She is a personal trainer at Sportset Health and Fitness Club, specializing in strength, flexibility, balance, agility and cardio exercise routines in training numerous older adult clients. She brings 23 years of sports and fitness coaching to Sportset. She earned a BA in Psychology from the University of Connecticut.