

Meet our experts



Our evidence-based curriculum, founded in behavioral science, is delivered by our diverse team of expert clinicians from multiple fields—such as the inventor of the “power nap” because sleep is definitely an underrated tool for better health.

Our experts are YOUR experts—you’ll experience “master classes” throughout our curriculum taught by renowned clinicians, dietitians, and specialists so you can take control of your own health.



Tim Church, MD, MPH, PhD, Chief Medical Officer

Dr. Church is one of the country’s leading clinical thought leaders in exercise and obesity research. As author of more than 300 published clinical articles, Dr. Church has received numerous awards for his research in preventive health. Dr. Church earned his Bachelors of Science in Human Physiology, earned his M.D. and Ph.D. at Tulane University, and is the former Vice President of Medical and Laboratory Research at The Cooper Institute in Dallas. He helps lead the development of the Wondr curriculum, which is inspired by his medical expertise. Dr. Church also has served as the Chief Medical Officer of ACAP Health Consulting and as a professor of preventative medicine at Pennington Biomedical Research Center at Louisiana State University.



Dana Labat, MA, PhD, Clinical Psychologist

Dr. Dana Labat is a clinical psychologist licensed in both Louisiana and Texas. Dr. Labat earned her Ph.D. in Clinical Psychology from the University of Texas Southwestern (UTSW) and runs her own private practice in Louisiana. Dr. Labat utilizes her extensive experience to teach Wondr participants the relationship between mind and body by sharing the science of how to eat the foods you love so you can lose weight, feel better, and live stronger. Dr. Labat knows that mental wellbeing is equally important as physical health, and focuses many of her teachings on the power of mindfulness in living a healthy life. She is also well-versed in helping couples in their search for improved communication and connection, and has experience treating clinically diagnosed eating disorders.



Renee Rogers, PhD, FACSM, Exercise Expert

Dr. Renee Rogers is an Associate Professor at the University of Pittsburgh, Healthy Lifestyle Institute. She is a researcher and practitioner known for developing innovative interventions that engage people in healthy lifestyle behaviors. She is an expert on integration of exercise, technology, and weight loss, and has extensive experience combining with media and technology to bring weight loss programs to the palm of your hand. Her expertise comes from a solid academic foundation in exercise physiology, behavior change, and weight management, plus years of experience performing professionally in theatre, dance, and working in production design and media. She’s known for her creative approaches for getting people to move more and sit less.



Meridan Zerner, MS, RDN, CSSD, Nutrition Expert

Meridan Zerner is an award-winning registered dietitian nutritionist with 30 years of experience in the field of health and wellness. She's spent the last 20 years at Cooper Clinic, where she works with patients and shares her passion for nutrition through media segments and lectures across the country. Zerner received her Bachelor of Science from Syracuse University and Master of Nutritional Science with an emphasis in health promotion from the University of Oklahoma. She received the Excellence in Practice Award from the Academy of Nutrition and Dietetics. She's a Certified Specialist in Sports Dietetics (CSSD) and specializes in weight management, exercise, and sports nutrition. As an advocate for preventive and cardiovascular health and nutrition, she uses a practical approach and understands overall health means so much more than weight loss. She leverages her Wellness Coach certification to champion behavioral change skills that support sustainable lifestyle changes.



Kevin Gilliland, PsyD, Clinical Psychologist

Kevin Gilliland is a licensed clinical psychologist with over 20 years of healthcare experience including business, treatment, and research. In the Wondr program, he teaches on the powerful connection between mind and body, and how that relationship impacts work performance. He's the author of "Struggle Well, Live Well" and "Progress, Not Perfection." His business experience has included managed care (Blue Cross Blue Shield of Texas, Magellan Behavioral Health) and the pharmaceutical industry (Johnson & Johnson, Cephalon). Clinically, he has participated as a sub-investigator on three phase III pharmaceutical studies and overseen the development and expansion of multiple outpatient mental health and substance abuse treatments. Kevin has a unique ability to break down complex research topics in a way that resonates with the broader public, and he does just that as part of the People Magazine Health Squad, Men's Health Advisory Group, and is a frequent guest on local and national television, radio, and in-print publications. After more than two decades in healthcare, Kevin started an outpatient healthcare treatment company, Innovation 360, that specializes in mood disorders, anxiety disorders, substance abuse, and addiction. He's also served as an adjunct professor at Southern Methodist University (SMU) and Cooper Wellness Center.



Tre Wilcox, Celebrity Chef

Tre Wilcox is an award-winning chef featured on "Top Chef All-Stars" and "Iron Chef America." Twice nominated for the James Beard Foundation's Rising Star Chef of the Year Award (in 2005 and 2006, when he was Chef de Cuisine at Abacus), he was also named one of the Best in DFW Chefs in 2010 by The Dallas Morning News. Kitchen success led to TV stardom, as Chef Tre thrilled viewers on Bravo Television's Top Chef season three and Top Chef All-Stars. In 2014, Chef Tre founded Tre Wilcox Cooking Concepts, a culinary space hosting cooking classes, events and team-building experiences. More recently, last spring, he launched Tre Fit Foods—a meal preparation service featuring delicious, health-forward, and balanced meals. Chef Tre knows you don't have to give up eating well to live well. He teaches Wondr participants how to utilize flavor to improve their health outcomes.



Todd Whitthorne, Chief Inspiration Officer

Todd Whitthorne is a nationally recognized health and wellness speaker and the author of "Fit Happens! Simple Steps for a Healthier, More Productive Life!" Whitthorne is an Emmy award winning broadcaster who has spent the last 20 years leveraging his kinesiology and exercise physiology background to help organizations develop strategies to improve health and productivity in their workforces. He holds a BS in Kinesiology from UCLA, spent 14 years as a senior executive at The Cooper Institute, and has a wealth of physical accomplishments under his belt, from climbing Mt. Kilimanjaro to rafting Class V rapids in Costa Rica and running the Boston Marathon. He believes that you don't have to become a different person to become a healthier person. He brings inspiring content about holistic approaches to Wondr's curriculum while teaching practical, clinically-proven skills that work.

Learn more at wondrhealth.com.

