

Michele Silvestrini Bio

(Based on her Resume 10 06 2025)

Michele Silvestrini earned her Bachelor of Science in Education with a minor in Biology from the State University of New York at Cortland and her Master of Science in Education from Nazareth College. She devoted over three decades to teaching elementary and health education across Oneida County and Fairport, New York, serving in the Fairport Central School District, Rome City School District, and Whitesboro Central School District.

In addition to her teaching career, Ms. Silvestrini has demonstrated a strong commitment to community service through her work with the Mohawk Valley Learning Disability Association, where she tutored children with disabilities, as well as her volunteer roles at Mohawk Valley Health System and the Alzheimer's Association of Central New York.

Outside of her professional and volunteer endeavors, she enjoys traveling, walking, reading, gardening, and spending quality time with her family and grandchildren.

During the Summit, Michele will focus on "*Healthy Living for Your Mind & Body*," where we will explore research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. She will also guide us in incorporating these recommendations into building a personal plan for healthy aging.