



Melissa Callender Marketing Director

Melissa Callender was born in NH and raised between NH and Maine, moving every year while growing up. She moved to the Keene area 13 years ago, and in that time has made many community connections.

Melissa has previously served as the club manager at Option 1 Fitness in Keene and after struggling with managing her own weight for years, has found it's a useful tool to help others who also battle with weight management. As such, she is now a certified personal trainer, health coach and group fitness instructor and weight management specialist. She is very excited to step into this role at Monadnock Peer Support, and to connect with her peers!

Melissa lives in Keene and enjoys all things outdoors and adventuring with her daughter, Eleanor. She plans to travel the country and experience van life once her daughter is grown.