



Meredith Baciak

Wellness Coordinator
Miron Construction
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A dynamic leader with solid Corporate Wellness management and education experience, Meredith has a passion for motivating individuals within companies to be the best they can be. By applying her exercise and sports management background, her love of workplace culture and her passion for positivity and people, she is highly motivated to lead others and help them become the best possible version of themselves in a real and relatable way. With a contagious personality that can build relationships and work with people of all levels, she helps all employees become engaged with their individual, overall well-being in order to help them thrive in the workplace and beyond.