



**AYP Board Member Bio  
Shannon Gruno**

Shannon Gruno joined the Armory Youth Project Board of Directors in June 2024 and is a member of AYP Communications Committee.

Shannon moved Manistee in 2021 and is a case manager with Centra Wellness Network, a two-county community mental health agency. In this role, she coordinates services for clients and families in the community to help ensure the best client outcomes.

Shannon's personal business, Forest Trail Wellness, gives her an opportunity to extend wellness services to the community including chair yoga, nature therapy hikes, and mindfulness techniques. She also collaborates with local businesses for corporate wellness, youth day camps, and creative wellness for children.

Shannon brings to the AYP Board 25 years of social work experience in working with children, adults and families. She has a Bachelor of Arts in Sociology and a Masters of Arts in Spirituality, Culture, and Health from Western Michigan University, as well as certifications in integrative mental health and Mindfulness-Based Stress Reduction (MBSR).