



**"I am passionate about all things wellness and fostering engagement. I feel it's important to lead by example, promoting a healthy lifestyle, especially for our students."**

# I'm a Personify Health Champion

Hello my friends!

For those who may not know me, I serve as the Wellness Coordinator for the College of Osteopathic Medicine of the Pacific (COMP) and have been part of this incredible community for nearly 20 years. (Yes, I'm the one who sends the emails inviting you to our monthly Wellness Talks/Nutrition in Medicine series—I'd love for you to join us!)

As a certified personal trainer, spin instructor, yoga instructor, healthy recipe content creator, and Health & Wellness Coach (HWC)—currently working toward my National Board Certification (NBC)—I am deeply passionate about empowering others to embrace a healthier lifestyle.

I feel incredibly fortunate to be on this wellness journey with you. Together, we can motivate, support, and challenge each other to reach new heights in health and well-being. Every small step counts, paving the way for a stronger, more vibrant future.

We can make wellness a priority—together!  
Now, let's goooooo! 🚀

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Please do not hesitate to reach out if you need support or have ideas for wellness challenges. Teamwork makes the dream work. I would like to collaborate.



*The discipline of learning. The art of caring.*

