

## Education

### **University of South Carolina (USC), Columbia, SC (Graduated 5/2005)**

MPH-Master of Public Health-Health Promotion, Education & Behavior  
Certificate-School Health Education

### **Duke University, Durham, NC (Graduated 5/2001)**

BA-Psychology  
Certificate-Markets and Management

## Work Experience

### **Clemson University, Clemson, SC**

Lecturer, May 2015-Present

- Teach a 3 hour course named Determinants of Health Behavior.
- Topics include health status, measurement, social ecological model and various health behavior theories.

### **Furman University, Greenville, SC**

Lecturer, August 2011-May 2013 & August 2014-May 2016

- Teach a 4 hour course named Wellness Concepts.
- Topics include nutrition, exercise physiology, disease states, healthy behaviors etc.
- The lab exposes the students to physical activity through various methods.

### **Greenville Health System, Greenville, SC**

Aerobics Instructor, January 2008-Present

- PRN Group Exercise Instructor (Cycling, Yoga, Strength Training, etc.)

### **Bon Secours St. Francis Health System (contract for Michelin North America), Greenville, SC**

Fitness Specialist, February 2008-August 2008

- Plan and implement exercise prescription for injured employees to safely return them to the workforce.
- Applied knowledge to screen (blood pressure, resting heart rate, height, weight and body composition) 100 employees for an 8-week challenge in the wellness center.

### **BlueCross BlueShield of South Carolina, Columbia, SC**

Wellness Coordinator, May 2005-November 2007

- Ran one of five corporate wellness centers.
- Part of a team that coordinated and implemented wellness programming for over 12,000 employees nationwide including health screenings, mammography, blood drives, etc.
- Planned the implementation of health risk assessments for employees in 2008.
- Budgeted, planned and purchased exercise equipment for 3 fitness centers.
- Managed all aspects of the group exercise program including a team of over 20 part-time group exercise instructors for 3 fitness centers offering 25-30 classes per week.

### **University of South Carolina Prevention Research Center, Columbia, SC**

Graduate Assistant, August 2004-May 2005

- Assisted with research, planning and implementation of an after-school physical activity program for 6<sup>th</sup> graders.
- Published as a coauthor in the journal called Evaluation and Program Planning for the above research project.

### **Health Directions - Lexington Medical Center, West Columbia, SC**

Graduate Assistant, January 2003-May 2004

- Led 8-week weight loss challenges, published health articles in the local newspaper, and supported other health initiatives in the community.

### **HealthWorks - Palmetto Health Alliance, Columbia, SC**

Health Educator, October 2001-January 2003

- Provided health screenings, health education, health consultations (one-on-one and group) and other wellness services to employers statewide.

## Awards and Achievements

- United States Department of Health and Human Services-HRSA Training Award for leadership and academic achievement (USC).
- Master's Dean Student Advisory Council Representative for Health Promotion Education and Behavior Department-Acted as a liaison between students and faculty (2004-2005, USC).