

Kathleen Bauer

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Education

Certified, Nutritionist and Health Coach, Bauman College, Boulder CO, 350 hrs (2009)

Thesis: *Nutrition interventions and herbs for resolution of intestinal permeability*

Certified, Clinical Herbalist, Academy of Scottish Herbalism, Eugene OR, 400 hrs (2004)

Thesis: *The antimicrobial and anti-inflammatory activity of berberine and of the non-alkaloid constituents of the root of Oregon grape (Mahonia aquifolium)*

Certified, Natural Foods Chef, Professional School of Natural Cookery, 400 hrs, Boulder CO (2006)

Final Project: *Anti-inflammatory cooking for autoimmune disorders*

B.S. Political Science Major and Women's Studies Minor, University of Oregon (1994)

Awards: Dean's List (Winter 1998), First woman to receive top speaker in the northwest region at the NorthWest CEDA Champs Debate Tournament (1998), Awarded one of the Top 25 Most Influential Women in the History of Policy Debate (1998)

Research Experience

Ginger, Virtual - *Research Team Member* (8/2020 - PRESENT)

Assist the Research and Evidence lead, Sarah Kunkle, with building a body of evidence to show Ginger's impact and approach to delivering mental health care primarily through outcomes research, evaluating PHQ and GAD data to publish empirical studies, creating self-published technical papers and research briefs, collaborating with employer and health plan customers to evaluate the impact of Ginger, and driving cross-functional alignment on the outcomes measurement strategy across the company. My specific area of research is related to measuring coaching effectiveness with the use of positive psychology and solution focused brief therapy techniques for populations struggling with chronic pain, anxiety, and depression and defining the role of coaching in working with clinical populations.

LiveWell Longmont (LWL), Longmont CO - *Program Evaluator* (7/2009 - 7/2018)

The aim of LiveWell Longmont was to promote healthy eating and active living (HEAL) based on making these behaviors the defaults in situations where they were currently impeded by various environmental and psychological obstacles. I was responsible for using experimental and observational methods to identify barriers to healthy behaviors to inform interventions to reduce, remove, replace, or circumvent these impediments and then to lead assessment of the interventions

effectiveness through the Social Cognitive Theory Framework. I provided assessment, measurement, research design, research analysis, and program evaluation through quantitative, qualitative, and mixed-method approaches for worksite wellness, community health, food systems, and school health community programs while utilizing social psychology research methods. I used software tools for data collection and analysis, particularly R. I communicated research findings in diverse forms (written, oral, and digital), to diverse audiences including community members, conferences, and city officials. I collaborated with research teams from Boulder County Public Health and Kaiser Permanente as well as LWL team members. I co-authored grant proposals and grant progress reports.

- Developed The LWL Collective Impact Evaluation Framework to enable LWL to monitor work from 1) exploration of social-economic context to 2) design and implementation, through 3) intermediate outcomes to 4) ultimate impact through the lens of community participation and access. Presented the framework and results at the 2015 Public Health in the Rockies Conference.
- Developed the Pillars of Sustainability and Community Readiness Evaluation and Planning Tool in 2009 for measuring the effectiveness of creating lasting (sustainable) cultural change in Longmont to support healthy eating and active living. LWL viewed and adapted goals and their associated strategies through the lens of the Pillars to encourage a systematic, policy, and environmental change-focused approach. The Pillars provided LWL with evidence-based support to address all levels of the Socio-Ecological Model. Presented the tool and results of its use at the 2011 Public Health in the Rockies Conference.

Clinical Experience

Ginger, Virtual - *Mental Health Coach and Coach Mentor* (1/2017 - PRESENT)

- Coached over 2,500 members through an on-demand, mental health, text-based platform
- Work daily with members struggling with depression, anxiety, relationship issues, productivity struggles, grief, low self-confidence, and school/work/health stressors.
- Utilize techniques of Motivational Interviewing, Cognitive Behavior Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Internal Family Systems, Mindfulness-Based Stress Reduction, Neuro-Linguistic Programming, Mindful Self Compassion, Transtheoretical Model of Behavior Change, and Values-Based Coaching.
- Support members to develop SMART goals, build a mindfulness practice, eat healthy, get enough sleep, build self-compassion, engage in regular physical activity, improve communication and boundary setting, uncover and live into values, develop healthy coping mechanisms, support post-traumatic growth, and work with a therapist and/or psychiatrist.
- Collaborate with 5-10 therapists and 1-2 psychiatrists per week for integrative support of members. Receive weekly clinical supervision.
- Mentor coaches on adapting to a text-based platform, developing clinical tools and skills, working through challenging cases, and connecting with the Ginger community.

Nourished Health, Denver CO - *Functional Medicine Nutritionist* (2005 - 6/2016)

Specialized in digestive health disorders and autoimmune conditions. Offered workshops, group programs, and 1 on 1 sessions. Offered programs for celiac disease, non-celiac gluten intolerance, irritable bowel syndrome, and for limited diets. Regularly provided presentations on evidence-based care for management of autoimmune conditions, digestive disorders, and chronic pain.

Nourished Health Center, Denver CO - *Founding Director & Clinical Operations Coordinator* (7/2010 - 6/2016)

Manage an integrative team of healthcare providers and instructors (massage, chiropractic, acupuncture, nutrition, ayurvedic medicine, physical therapy, psychotherapy, life coaching, yoga, meditation, herbalism, cooking classes & others) to collaborate on client and patient support through a collaborative model of care.

Conference Paper Presentations

Bauer, K., Glantz N., & Trecoske-Houghton M. (2015, September). *Expanding on the experiences of LiveWell Longmont: Transitioning from the development of "grassstops" collaborations to integration of "grassroots" relationships through a collective impact framework* (Peer-reviewed paper presentation). Public Health in the Rockies Conference 2015, Vail, CO, United States.

Bauer, K. (2014, July). *Review of dietary therapy for rheumatoid arthritis: Calming inflammation through diet* (Conference session). 2014 Juvenile Arthritis National Conference, Keystone, CO, United States.

Feuerborn, L., **Bauer, K.**, & Trecoske-Houghton, M. (2012, April). *Working in collaboration on worksite wellness* (Peer-reviewed paper presentation). 2012 Culture of Health Conference, Denver, CO, United States.

Bauer, K. (2011, September). *Celiac disease, gluten intolerance, and public health: New studies clear up confusion and create the need for better public education* (Peer-reviewed paper presentation). Public Health in the Rockies Conference 2011, Steamboat Springs, CO, United States.

Bauer, K., & Feuerborn, L. (2011, September). *Planning and evaluating for sustainability* (Peer-reviewed paper presentation). Public Health in the Rockies Conference 2011, Steamboat Springs, CO, United States.

Feuerborn, L., & **Bauer, K.** (2011, September). *Working in collaboration on worksite wellness*. Public Health in the Rockies Conference 2011 (Peer-reviewed paper presentation). Steamboat Springs, CO, United States.

Feuerborn, L., & **Bauer, K.** (2011, June). *Working together in collaboration to enhance employee wellness programs with 3 large Longmont employers* (Conference session). 2011 North Colorado Worksite Wellness Workshop, Loveland, CO, United States.

Bauer, K. (2008, February) *Greening your farmer's market* (Conference session). 2008 North American Farmers Direct Marketing Association Convention. Wisconsin Dells, WI, United States.

Classroom Teaching Experience

Course Title	Role	School	Students	Semester /Year	Frequency	Enrolled
Anti-inflammatory cooking classes	Lead Instructor	Nourished Health Cooking School	Community	2012-2016	2x/wk	10
Debate Camp	Lab instructor	U. of Oregon	High School	2002-2004	Daily summers	10
Speech & Debate Team	Coach	CSU Long Beach	Undergrad	1999-2001	Daily	75
COMM 130: Essentials of Public Speaking	Teaching Associate	CSU Long Beach	Undergrad	Fall 2000/ Spring 2001	2x/wk	25-30
COMM 331: Essentials of Argumentation	Graduate Assistant (Teach lab)	CSU Long Beach	Undergrad	Spring 2000	1x/wk	25
COMM 110: Interpersonal Communication	Graduate Assistant (Teach lab)	CSU Long Beach	Undergrad	Spring 2000	1x/wk	25
COMM 300: Survey of Rhetorical Theory	Graduate Assistant (Grade & Office hours)	CSU Long Beach	Undergrad	Fall 1999	Weekly	100
Speech & Debate Team	Head Coach	South Eugene High School	High School	1998-1999	Daily	15
Speech and Debate Skills	Seminar Provider	West Coast Publishing Debate Camps	High School	1997-2002	Summer Weekends	20

Invited Presentations

Bauer, K. (2016, June & 2015, June & 2014, June & 2013 June) *Eating to minimize flares in Inflammatory Bowel Disease: Managing inflammation through diet.* Denver Take Steps Fundraiser, Crohn's & Colitis Foundation of America. Denver, CO.

Bauer, K. (2016, May). *What to do: When celiac children are reacting to other foods besides gluten.* Celiac Support Association, Cel-Parents meeting. Denver, CO.

Bauer, K. (2016, March & 2014, April). *Love your body & love what you get to eat.* Mile High Montessori Early Learning Centers' Professional Development Institute, Lowry Conference Center. Denver, CO.

Bauer, K. (2016, March & 2014, April). *Eat your way to better health.* Mile High Montessori Early Learning Centers' Professional Development Institute, Lowry Conference Center. Denver, CO.

Bauer, K. (2016, March). *The essentials of worksite wellness program evaluation.* Longmont Chamber of Commerce. Longmont, CO.

Bauer, K. (2016, March). *The essentials of program evaluation.* Presentation held at Sun Construction to the OUR Center, The Chamber of Commerce, the City of Longmont, & Longmont United Hospital. Longmont, CO.

Bauer, K. (2016, February). *Program planning for evaluation.* Presentation held at Sun Construction to the OUR Center, The Chamber of Commerce, the City of Longmont, & Longmont United Hospital. Longmont, CO.

Bauer, K. (2015, March). *The gut-brain axis: The mental and emotional connection to gut health and the gut's effect on the nervous system.* Academy of Scottish Herbalism. Eugene, OR.

Bauer, K. (2015, January). *Vitality transformation: Digest your way to more energy.* Greatest Year of Your Life Seminar. Denver, CO.

Trecoske-Houghton, M., **Bauer, K.** & Glantz, N. (2015, January). The LiveWell Longmont and Boulder County Public Health collaboration. City of Longmont. Longmont, CO.

Bauer, K. (2014, June). *Eating to avoid arthritis flares.* Arthritis Foundation's Arthritis Education Day, Porter Adventist Hospital Conference Center. Denver, CO.

Bauer, K. (2014, March). *Live healthy with HIV: Supporting gut health and a healthy microbiome.* Denver Infection Disease Consulates, Rose Medical Center. Denver, CO.

Bauer, K. (2014, March). *Digestive health and inflammation: Getting your digestion feeling its best.* GFree and Happy. Virtual.

Bauer, K. & Scott, J. (2014, March; 2013, November; 2013, July; 2013, August; 2013, June; 2013, April; 2013, March; & 2012, November). *Bringing back mind-body balance with a seasonal ayurvedic cleanse.* CorePower Yoga. Denver, CO.

Bauer, K. (2014, February). *Restore your digestion and restore your health.* Evolve Expo 2014. Denver, CO.

Bauer, K. (2014, January). *The anti-inflammatory diet for arthritis.* Arthritis Foundation. Denver, CO.

Bauer, K. (2013, December). *Eating to manage arthritis flares during the holidays.* Arthritis Foundation's Tips and Tools Forum, Panorama Orthopedics & Spine Center. Golden, CO.

Bauer, K. (2013, March and 2012, March). *Eat your way to better health.* Mile High Montessori Early Learning Centers' Professional Development Institute, Clayton Early Learning Campus. Denver, CO.

Bauer, K. (2013, February). *Nutrition therapy for autoimmune conditions.* Survey of Medicine Class at Colorado School of Traditional Chinese Medicine. Denver, CO.

Bauer, K. (2012, November). *Restoring gut health and calming inflammation.* Mothers of Severely Allergic Infants and Children (MOSAIC). Arvada, CO.

Bauer, K. & Seymour, B. (2012, January). *Cooking with tea and tips to be gluten-free.* Denver Tea Room. Denver, CO.

Bauer, K. (2011, October). *Food allergies and kids.* Colorado's Best, Channel 2. Denver, CO.

Bauer, K. (2011, September). *Eat your way to better health.* TeleTech. Denver, CO.

Bauer, K. (2011, September). *Better brain function.* Trinity United Methodist Church. Denver, CO.

Bauer, K. (2011, September). *Are you tired of being tired? Grow your energy to grow your business & life.* Triple Threat Telesummit: Expert Advice on Mastering Money, Relationships & Health. Virtual.

Bauer, K. (2011, August). *Eat your way to health.* South Adams County Water & Sanitation District. Commerce City, CO.

Bauer, K. & Bresee, V. (2011, May). *Nourishing recovery: A holistic approach.* Cornerstone Books. Englewood, CO.

Bauer, K. & Bresee, V. (2011, May). *Nourishing recovery: A holistic approach*. Moderation Management, First Unitarian Church. Denver, CO.

Bauer, K. (2011, February). *Role of phase II detoxification channels*. Bauman College. Boulder, CO.

Bauer, K. (2011, January). *Mindful eating*. Bauman College. Boulder, CO.

Bauer, K. (2010, December). *Program planning for evaluation*. Longmont Library presentation to the City of Longmont, St Vrain Valley School District, & Longmont United Hospital. Longmont, CO.

Bauer, K. (2010, November). *Outcome program evaluation: Beyond measuring program participation*. Presentation to the City of Longmont, St Vrain Valley School District, and Longmont United Hospital. Longmont, CO.

Bauer, K., LaPlante, L., & Perrymond, N. (2009, October). *Harvesting True Growth*. Hunger and Environmental Nutrition Working Group, American Dietetics Association Conference. Denver, CO.

Additional Education

Qigong Practitioner Program 4 yrs, 400 hrs, in process (currently mid-way through 3rd year), The Center Place, Boulder CO (Anticipated Completion 2021 may be delayed due to COVID) Cultivating and teaching predominantly Nei Dan forms (internal meditations) & applying to clinical practice.

Internal Family Systems Practitioner Certification, 350 hrs + clinical supervision hours, (Anticipated Completion 2022):

- **Level I, Internal Family Systems**, 100 hrs in process, w/Nancy Sowell, MSW, LICSW; Pilar de la Torre, Ph.D. and Imma Lloret, Ph.D. through The Internal Family Systems Institute (Anticipated completion Dec 2020)
- **Healing the Fragmented Selves of Trauma Survivors: Transformational Approaches to Treating Complex Trauma Integrating Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy**; with Janina Fisher, Ph.D. through Professional Education Systems Institute (PESI) (Feb 2020). 12 CE hours. 8 Modules on working with parts & fragmentation including modules on trauma & attachment and sensorimotor psychotherapy.
- **Treating Complex Trauma with Internal Family Systems Training** with Frank G. Anderson, MD through Professional Education Systems Institute (PESI) (2019). 15 CE hours. 10 Modules including trauma types; managing health co-morbidities; neuroscience-informed practice; attachment disorders & trauma; and integration of IFS with therapeutic modalities.

Hypnosis for Trauma and PTSD Certification Training: Effectively Integrating Hypnosis, Neuroscience, and Mind/Body Approaches in Clinical Practice with Carol Kershaw, Ed.D and Bill

Wade, M.Div., LPC, LMFT through Professional Education Systems Institute (PESI) (2020). 13 CE hours. 11 Modules including the neurophysiology of trauma/PTSD; adverse childhood experiences; trauma and attachment; neuroscience research on body/mind healing; long-term stress and its impact on the limbic system; strategies for developing traumatic memory reconsolidation; post-traumatic growth; and trauma-informed therapy strategies.

Clinical Anxiety Treatment Professional Certification Training: Applied Neuroscience for Treating Anxiety, Panic & Worry, with Catherine M. Pittman, Ph.D., HSPP through Professional Education Systems Institute (PESI) (2018). 19 CE hours. 10 Modules including using neuroscience in the treatment of anxiety; working with the amygdala; managing the cortex; medications in the treatment of anxiety; exposure strategies for teaching the amygdala; Mindfulness in the anxious brain; neuropsychologically informed CBT; treating comorbid depression; cognitive restructuring interventions; and using re-consolidation approaches.

Nutrition & Health Coach Teacher Training, Bauman College Boulder (2010); Ed Bauman, Ph.D. & Erin Livers, ICNT

Executive Director Leadership Training, Denver Office of Strategic Partnerships, 100 hrs, Denver CO (2008): Including grant writing and team/board development.

M.A. Communication Studies Coursework, CSU Long Beach (1999-2000; no degree awarded)

College Psychology-Related Courses

Date	School	Course ID	Title	Credits /Hours	Grade
Fall 2020	U of Chicago via Coursera		Understanding the Brain: The Neurobiology of Every Day Life	28 hrs	A
Summer 2020	John Hopkins University via Coursera		Intro to Systematic Review & Meta-Analysis	14 hrs	A
Spring 2020	École polytechnique via Coursera		How to Write & Publish a Scientific Paper	13 hrs	A
Summer 2020	John Hopkins University via Coursera	Data Science Specialization Course 3	Getting & Cleaning Data	20 hrs	A
Spring	John Hopkins	Data Science	R Programming	57 hrs	A

2020	University via Coursera	Specialization Course 2			
Spring 2020	John Hopkins University via Coursera	Data Science Specialization Course 1	The Data Scientist's Toolbox	18 hrs	A
Data Science Specialization is a 10 Course Certification to learn to use R to clean, analyze, and visualize data; navigate the entire data science pipeline from data acquisition to publication; use GitHub to manage data science projects; perform regression analysis, least squares and inference using regression models. I have only completed the first 3 courses. Estimated completion by September 2021.					
Spring 2000	CSU Long Beach	Comm 635 Grad School	Comm Criticism	3 credits	A
Comm 635: Critical theories of rhetoric and major systems of communication criticism; development of criteria and approaches for the evaluation of select communication acts and contexts.					
Spring 2000	CSU Long Beach	Comm 646 Grad School	Comm Theory & Research II	3 credits	B
Comm 646: Empirical research methodologies applied to communication research; theory and design of scientific research; analysis of findings; computer applications; research report.					
Fall 1999	CSU Long Beach	Comm 546 Grad School	Issues in Comm Studies	3 credits	A
Comm 546: Directed research leading to the definition and discussion of a selected problem or issue in communication and the presentation of research results in a formal paper submitted to the department.					
Fall 1999	CSU Long Beach	Comm 305	Measurement Comm Research	3 credits	A
Comm 305: Application of the scientific method to the study of speech communication; examination of the role empirical methodologies play in communication research; fundamental statistical processes.					
Spring 1997	U of Oregon	Math 106	University Math I	4 credits	B
Math 106: Topics include algebra, mathematics of finance, applied geometry, exponential growth and decay, logarithmic and exponential functions, and introduction to calculus.					
Spring 1997	U of Oregon	Math 105	University Math II	4 credits	B
Math 105: Topics include algebra, logic sets, probability, and statistics. Applications to finance and biology.					
Fall 1996	U of Oregon	PS 410	Ethics/Technology/Gender	4 credits	A-

PS 410: Ethical, political, and legal questions raised by technological innovation as it affects gender relations and ecological health. Particular attention paid to reproductive and biomedical technologies.					
Fall 1996 Winter 1997 Spring 1997 Fall 1997 Winter 1998 Spring 1998	U of Oregon	HC 399H	Sp St Forensics	4 credits x 6 courses = 24 Credits	A A A A A
HC 339H: Honors College Forensics is a forum and a framework to apply research skills, critical thinking, logic, and empathy in applied practice through public speaking and debate.					
Fall 1995	Gonzaga U.	PSY 380	Personality	3 credits	A-
Spring 1995	Gonzaga U.	Soc 101	Principles of Sociology	3 credits	B
Fall 1994	Gonzaga U.	Bio 203	Human Ecology Lab	1 credit	A-
Spring 1994	Pierce College	PSYCH 110	General Psychology	5 credits	A-
Spring 1994	Pierce College	Math 105	Pre-Calculus	5 credits	B+

Committees & Board Roles

January 2014 - December 2016

Medical Advisory Committee Member
Crohn's & Colitis Foundation, Rocky Mtn Region.

July 2010 - July 2016

Founder and Board President
Nourished Health Center, Denver CO.

June 2015 - December 2016

Board Nutritionist & Medical Advisory Committee Chair
Denver Celiac Support Association, Colorado.

2009 - 2011

Founder and Board Technical Advisor
Harvesting True Growth, Commerce City, CO.

2006 - 2009

Co-chair, Inclusiveness Committee
Colorado Farmers' Market Association

Free Community Talks

September 2015 - March 2016, three times/month, 2-hr presentation on different topics related to *Anti-inflammatory nutrition and digestive health*. Cherry Creek Whole Foods: Denver, CO; Capitol Hill Whole Foods: Denver, CO; & Washington Park Whole Foods: Denver, CO.

January 2016: *Know your body through your digestion*, 3 part webinar series.

April 2012 - August 2015, monthly, 2-hr presentation on different topics related to *Anti-inflammatory nutrition and digestive health*. Whole Foods Cherry Creek: Denver, CO.

November 2013: *Anti-Inflammatory webinar series*. 4 parts.

September - October 2013: *Go with your gut webinar series*. A webinar a week for 6 weeks on topics: Gluten's effect on mental and emotional health; Conducting a safe and effective cleanse for digestive health; Supporting your immune system through your digestion; How to optimize mental and emotional health through digestion; Is a special diet for digestive health right for you?; Naturally support your thyroid through calming digestive inflammation;

March 2011 - November 2011, once monthly: *The specific carbohydrate diet and the gluten-free, casein-free diet for autistic spectrum disorders*. Nourished Health Center. Denver, CO.

September 2011 - November 2011, once monthly: *Adopting the grain-free and paleo lifestyle for diabetics*. Nourished Health Center. Denver, CO.

January 2011 - August 2011, once monthly: *Introduction to gluten-free living*. Nourished Health Center. Denver, CO.

May 2011, two sessions: *Spring into summer: Cleanse and rejuvenate*. Nourished Health Center. Denver, CO.

January 2011, two sessions: *Cleanse and rejuvenate for 2011*. Nourished Health Center. Denver, CO.

Professional and Association Memberships

American Association of Drugless Practitioners
Celiac Support Association
Council of Holistic Health Educators
Crohn's and Colitis Foundation
Gluten Intolerance Group.
Healthcare Providers Service Organization
International Association of Health Coaches
National Association of Nutrition Professionals, Mbr #15093
NPI # 1508107947

Grants Received

\$600,000 RFA #2584 CCPD FY17-18. Cancer, Cardiovascular Disease and Pulmonary Disease (CCPD) Grants. (October 2016 - June 2018). Working Together for One Healthy Longmont. Purpose: Supports Longmont residents most impacted by health disparities and chronic disease by building community members' capacity to successfully advocate for improvements in the built environment and access to healthy food.

Prepared by: Trecoske-Houghton M., **Bauer, K.**, Glantz N., Daly K., Susan M., & Erika W.

Role: Principal Program Evaluator

\$450,000 Kaiser Permanente Community Investment Implementation Grant. (2012-2014). LiveWell Longmont. Purpose: Community health focus on the three sectors of the worksite, school, and advancement of communication efforts to create awareness, opportunities for involvement, strategies to empower those living, learning, working, or playing in Longmont thus resulting in advocates for healthy eating and active living.

Prepared by: Trecoske-Houghton, M., **Bauer, K.**, Feuerborn, L., & McMilin C.

Role: Principal Program Evaluator

\$74,690 CDOT Safe Routes to School (August 2012 - December 2013). Safe routes to school--St Vrain Valley School district. Prepared by: Trecoske-Houghton, M., Bergeson, E., & Glantz, N.

Role: Principal Program Evaluator

\$75,000 USDA Value Added Producer Grant. (January 2011 - December 2013). Harvesting True Growth. Prepared by: **Bauer, K.** Role: Principal Program Evaluator

\$450,000 Kaiser Permanente Thriving Communities Grant. (2008-2011). LiveWell Longmont. Purpose: Advance healthy eating and active living through programming, policy, and environmental changes. Prepared by: Trecoske-Houghton, M., Bergeson, E., & Glantz, N.

Role: Principal Program Evaluator

Community Service

Harvesting True Growth, Commerce City - Founder, (2009 - 2011) Offered business, health coaching, and program evaluation to felons transitioning out of the prison system to build their own companies based in the local food system.

Share Our Strength, Colorado - Nutrition Coach (Volunteer: 2008 - 2009)

Produce & Health Fair County Collaboratives, CO - Nutrition Coach, Offer Health Screenings (Volunteer: '08, '15, '16)

9 Health Fairs (April 2016). Nutrition and Celiac Support Educational booth.

Languages

Conversational in Spanish (B1/B2 Intermediate proficiency)

Elementary in Portuguese and German (A2)

Learning Chinese and French