

Education:

College: BA in Theater and Dramatic Art - U of MD College Park;

MBA in information technology University of St Thomas, Minneapolis MN;

PTA: CACHE PTA program at AACC

Where did you grow up and where have you lived before moving here?

I grew up in Bethesda MD, and have lived in NYC, NY; OKC, OK; Minneapolis MN; and Amsterdam, Netherlands before moving to Annapolis in 2003.

Worked off Broadway as a theatrical electrician, ran a photo lab in OKC, was involved with tech start-ups in Minneapolis, ran a printer manufacturing distribution in Amsterdam. Throughout it all, I was always involved in fitness. I discovered Pilates in 2000, became comprehensively certified in 2005, and decided to go back to school to become a PTA. I graduated in 2011 and have been happily providing Pilates and Physical therapy expertise to patients ever since.

Favorite thing about working at Patterson PT?

The patient centered care that we offer with 1 on 1 focused therapy sessions, and the staff. Severna Park is like being in a small town. Everybody seems to know everybody else. It's like the Cheers of Physical Therapy offices. It's a happy place to come to work.

Favorite Fun Facts:

Favorite food: vegan chili

Favorite color: blue

Favorite mode of exercise: Pilates

favorite movie: It's a Wonderful Life

Favorite book: any good mystery

Hobbies: I love hiking and walking outdoors. I also love Yoga and Pilates. I definitely need my outdoor fix and meditation time daily to keep sane. Additionally, I really enjoy spending time with family and friends and am learning to cook whole healthy foods. I enjoy being curled up with a good book and going to Yoga and Pilates conferences.