



## MORRISON BRUCE CENTER JAMES MADISON UNIVERSITY®

### Alumni Spotlight

**The Morrison Bruce Center has had the pleasure of working with some incredible individuals over the past 16 years. Students have worked hard to organize and implement programs that promote health and wellness to the girls and women of our community. We are honored to recognize our alumni and all their wonderful accomplishments! One of whom is Kaci Hardsock, a great example of a former graduate assistant who has gone on to reach great success since her time with the Center!**



In 2017, Kaci earned her master's degree in Kinesiology with a concentration in Clinical Exercise Physiology at JMU. After graduating from JMU, Kaci immediately moved to Long Branch, NJ, where she earned her second master's degree in Physician Assistant studies. She now works as a Cardiothoracic Surgery Physician Assistant at the Cleveland Clinic in Cleveland, OH.

Kaci first became involved with the MBC working as a Graduate Student Director. In this role, she helped to develop and supervise several programs, including Barbells & Brunch, Girls Have H.E.A.R.T., Movin' & Groovin Day, Girls Golf, Alumni Health & Fitness Program, a collaboration with the Gus Bus, Life's Too Sweet, and Girls and Women in Sport Day.

Weightlifting is a significant part of Kaci's life, and as an undergraduate, she was a member of the fitness leadership team at Virginia Tech. Through her participation in this program, she helped organize a bi-annual event called Ladies Night in the Weight Room, which allowed females to experience the weight room in a comfortable, educational, and open environment. This experience led Kaci to create a new, on-campus program designed for JMU's college-aged women called Barbells & Brunch. Kaci's favorite memory from her time working with the MBC is her involvement in building this program from the ground up and being able to witness its success!

Reflecting on her time at JMU, Kaci believed that the best part of working as an MBC staff member was, “witnessing the joy, excitement, and gratitude expressed by our participants after a successful program, forming relationships with the undergraduate staff, and being a part of their growth and development.” Additionally, Kaci was able to gain invaluable leadership skills by communicating with team members and participants, thinking outside of the box, motivating others, delegating tasks, as well as giving and receiving constructive feedback.



Her advice for students who are approaching graduation is to, “...trust the timing of your life. There is something (or many things) to learn in every stage of your journey, even if you do not realize it yet.” The MBC is so proud of Kaci and all that she has accomplished since her time with us! We wish her the best and cannot wait to see all that she will continue to do in the future!

Check out Kaci’s professional account on Instagram [\*\*@ctsurgery\\_pac\*\*](#) to learn more about her work as a Cardiothoracic Surgery Physician Assistant!