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# Experience

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| May 2021 – PresentInstructional Volunteer, inova healthy plate club  * Facilitating Zoom discussions with approximately 10 students regarding general nutrition, health and wellness * Implementing lesson plans, interacting with students and facilitation question and answer sessions * Orchestrating group activities for the students using breakout rooms and small groups * Received award pins for 200 hours and 300 hours of excellent volunteer service from Inova Fairfax Hospital |
| March 2019 – presentMaster Food Volunteer, Virginia cooperative extension  * Attending nutrition events to educate the community on preparation of well-balanced, healthy meals using the 5 food groups * Educating members of the public regarding physical activity guidelines and meaningful exercise * Partook in the PACE (Physical Activity in Cooperative Extension) course to obtain training regarding industry standards and new updates for physical activity  February 2018 – March 2020STEM educator, The Children Science Center  * Educated elementary and middle school children on various science topics * Facilitated science experiments in groups of up to approximately 20 children at a time while also managing a variety of STEM activities at differing stations across the museum * Set up experiments for the children, implementation of the experiments as well as cleaned up the laboratory area after each class. * Honored as an esteemed STEM Volunteer by the Children’s Science Center in 2019. |

# Education

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| June 2017BS Biology with a concentraion in molecular biology and biotechnology, George Mason University |

# Skills

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| * Administrative Certificate June 2019 * Python Coding * Effective Communication | * Typing Speed 60 WPM * Microsoft Office Suite * Certificate in Healthy Aging April 2022 |