

*I have been a wellness specialist with Weaver Street Market, Chapel Hill, since 2013. In 2018, I began to pursue training in full-spectrum perinatal health care. I have been a DONA (Doula of North America) trained doula since 2018. I completed DONA certification in 2022. I've been a doula with UNC Birth Partners since 2019. I was named the Birth Partners Doula of the Year in 2020-2021.*

*In 2020, I completed health coach training with the Dr Sears Wellness Institute with specializations in Pregnancy, Families and Adults & Seniors. In late 2020, I began studying with Aviva Romm. I graduated as a health coach from the Functional and Integrative Medicine Professional Training Program in early 2022. I began studying Herbal Medicine for Women with Aviva Romm in 2020. I graduated from the program as a Women's Herbal Educator in 2022. IN 2021, I began the Duke Health and Well-Being Coaching Training program through Duke Integrative Medicine. I graduated from the Duke program as a certified health and well-being coach in 2022.*

*Since graduating from the Duke program, I have continued to run the wellness department at Weaver Street Market while working with private clients as a health coach and holistic health educator. I continue to pursue my education and deepen my knowledge of full-spectrum birthwork and herbal medicine.*