

I believe strongly in physical therapists demonstrating leadership in disease prevention and health promotion, as well as providing wellness oriented, value-based care. Throughout my career as a PT, I have both created and presented community-based programs on bone health basics, safe exercise for osteoporosis and fall prevention, as well as promotion of bone health throughout the lifespan. I feel that my expertise in community programming, as well as experience facilitating collaboration across clinical, academic and community settings are strong skills needed to serve in this role. I have been a practicing physical therapist for 24 years in a variety of practice settings. I am a PT graduate of Northwestern University Medical School in Chicago, Illinois, and the DPT program at Regis University in Denver Colorado. I also hold a BS in Exercise Science from the University of Colorado, Boulder. I am a Nationally Certified Pilates Instructor, and a Master Instructor for Balanced Body Education. I am the founder of FlourishPhysio, providing physical therapy, intelligent movement, health, and wellness coaching, as well as bone health education and programming virtually, and in Montana and Colorado. I would be pleased to serve as the APTA Geriatrics Bone Health SIG chair, continuing to build membership and participation in the SIG across a variety of practice settings.