
Health Promotion and Wellness SIG: Chair



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Board-Certified Clinical Specialist in Geriatric Physical Therapy, Certified Exercise Expert for Aging Adults

The opportunity to further my involvement with APTA Geriatrics to advance the profession of physical therapy seems a natural step for me at this point in my career. Over my 29 years as a physical therapist, my accumulated experiences have shaped my passion and commitment to the aging adult population with a special focus on health and wellness. The last 7 years have been a wonderful opportunity to teach bright, enthusiastic students in a DPT program about the amazing need and opportunities to advance health and wellness in the aging adult population. I am happy to say we have managed to get some graduates to join us in the quest! I have had over 15 years in the area of geriatrics in various settings, with my most recent in homecare. I continue to provide patient care alongside my research and academic responsibilities because of the richness that older adults bring to my life, my teaching, and my personal drive. I hope to further increase this reach on a national level through the opportunity to be involved with and learn from the leadership of APTA Geriatrics.