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I aspire to be an integral member of my professional community, and have a natural enthusiasm for organization, leadership, and community service.

Prior to medical school, I had the invaluable experience of running my own small business for several years. In addition to the work done in my office I organized groups for special events, taught massage therapy at the local YMCA, and performed community outreach including complimentary care for women with cancer at the Charlotte Maxwell clinic. I was introduced to the specialty of PM&R during medical school at Oregon Health and Science University, and soon became the leader of the student interest group, a position which I held for three years. I enjoyed planning meetings with local physiatrists and coordinating focus groups to address key parts of our training including research opportunities and educational resources. The group grew considerably under my leadership. I continue to facilitate student group interest by being the resident contact for Stanford University's PM&R interest group, which is currently being formed.

Leadership opportunities offered to our training physicians are vital. This year I had the opportunity to be AAPM&R Ambassador for Stanford's program, and it was my great pleasure to relate the opportunities and resources available for our residents. I recognize the pivotal position of AAPM&R in terms of leadership, advocacy, the changing structure of medicine, and practice resources. I'm excited to do my part.