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Education

- Bronx High School of Science
- B.S., Skidmore College
- M.A., Nursing in Biophysical Pathology, New York University
- Ph.D., Nursing Research, New York University
- Graduate Program in Health Education, Teacher's College, Columbia University
- Certificate in Health Counseling, Institute for Integrative Nutrition/Columbia University, Teacher's College
- Certificate in Personal and Life Coaching, New York University
- Results Coaching Systems, Intensive Coach Training Program
- Wellness Coaching Program, Wellcoaches

Professional Licenses and Certifications

- Registered Nurse, New York, Connecticut
- Certified Health Educator, New York
- Holistic Health Counselor
- Associate Certified Coach, International Coach Federation
- Wellness Coach, Wellcoaches Corporation

Experience

- Staff nurse and clinical nursing specialist, Mount Sinai Hospital, New York
- Assistant Professor, Columbia University School of Nursing
- Assistant Professor, City College of New York
- Faculty (adjunct), Department of Nursing, Skidmore College
- Faculty (adjunct), Pace University
- Faculty (adjunct Associate Professor), Sacred Heart University
- Editor, The Association for Fitness in Business
- Director, Youth and Community Education, The Alcoholism and Drug Dependency Council, Westport, CT
- Faculty (adjunct Professor), Iona College
- Principal, Life Odyssey Coaching and Consulting LLC

- Author, YourWellWire.com, weekly wellness bulletin
- Blog, www.SocialDieter.com