

## Workshop Speaker Bios

### **Workshop 1: Move A Thon! Physical Activity on the Bandstand**

#### **Vicky Avila, Special Projects Coordinator, Vision y Compromiso**

Email: [vickyavila@yahoo.com](mailto:vickyavila@yahoo.com)

Website: [http://chwisc.org/Vision\\_y\\_Compromiso.html](http://chwisc.org/Vision_y_Compromiso.html)

Vicky Avila is a Special Projects Coordinator with Vision y Compromiso. She is a tireless Champion for Change and aims to improve the health and well-being of the Latino community. Vicky and a team of Promotoras from Vision y Compromiso provide free nutrition education and Zumba classes in the Bay Area.

#### **Katherine Brown, MPH, Program Manager, City of Berkeley**

Email: [kbrown@ci.berkeley.ca.us](mailto:kbrown@ci.berkeley.ca.us)

Website: <http://www.thekatbrownmovement.com/>

Katherine Brown is Program Manager with the Community and Neighborhood Health Programs and Services Unit at City of Berkeley. She has been a dance instructor at the YWCA in Berkeley for more than 9 years. She instructs groups of up to 50 in cardiovascular dance routines. She holds a Masters degree in Public Health from San Francisco State University.

#### **Tanya Leake, African American Campaign Manager, Network for a Healthy California-Bay Area Region**

Email: [aac@barnn.org](mailto:aac@barnn.org)

Website: [http://www.barnn.org/d13\\_campaign\\_african\\_american.html](http://www.barnn.org/d13_campaign_african_american.html)

Tanya Leake is the African American Campaign Manager for the *Network for a Healthy California-Bay Area Region*. She is also a wellness coach, certified fitness instructor and nutrition educator and consultant. She teaches dance and Zumba classes in Oakland and is the founder of a wellness initiative called the sensual movement.

#### **Betty Lucas**

Email: [betty@lucashooping.com](mailto:betty@lucashooping.com)

Website: <http://www.lucashooping.com/HoopChi.html>

Hoop enthusiast, Betty Lucas teaches in the Bay Area and travels the globe sharing the joy of hoop dancing, HoopChi and other hoop routines that exercise the body, mind and soul. She calls hooping, "exercise disguised as fun."

#### **Craig McKinley**

Email: [cmckinley@acoe.org](mailto:cmckinley@acoe.org)

Craig McKinley is Physical Education Coordinator with the Alameda County Office of Education. He is also a lecturer at California State University, East Bay. His educational background includes degrees from California State University, East Bay and University of Nevada, Reno.

#### **Leslie Peay, Personal Trainer**

Email: [divineoasis@earthlink.net](mailto:divineoasis@earthlink.net)

Wellness champion, Leslie K. Peay is a mind-body certified group fitness and personal trainer and fitness coach. Outside of her career profession, Leslie enjoys teaching Praise & Worship/Gospel fitness, movement and dance classes/workshops in the Bay Area, the East Coast and Africa. Her motto: "Fitness from the soul-side out".

#### **Connie Smith, Fitness Instructor**

Connie Bridgewater-Smith is a master instructor for a new group exercise featured at San Francisco area YMCAs called Afro-Belly Boogie. Connie's class is an exciting and energetic full-body workout providing multiple health benefits including increased flexibility, improved lower body strength, increased core conditioning, muscle toning and shaping, and improved mood and confidence.

### **Workshop 2: Diabetes, Diversity, and Disparities: New Strategies and Interventions that Produce Results**

#### **Sarah Kim, Assistant Clinical Professor, Division of Endocrinology and Dept. of Medicine and Pediatrics, UCSF**

Email: [kims@medsfgh.ucsf.edu](mailto:kims@medsfgh.ucsf.edu)

Website: <http://endocrine.ucsf.edu/>

Dr. Sarah Kim is a UCSF Assistant Clinical Professor in the Departments of Internal Medicine and Pediatrics. She is co-director of San Francisco General Hospital Diabetes Center for High Risk Populations as well as the Healthy Lifestyles Clinic for Pediatric Obesity. She is directly involved in the clinical care of diabetes in a wide variety of settings and has a wide scope of clinical practice that includes adult and pediatric diabetes, pediatric obesity, diabetes care in long-term care facilities and type 1 diabetes management in underserved populations.

## Workshop Speaker Bios

### **Workshop 3: Free, Powerful Walking Programs to Transform Individuals and Communities**

#### **Alana King, Senior Business Development Director, American Heart Association**

Phone: 510-903-4028 Email: [Alana.King@heart.org](mailto:Alana.King@heart.org) Website: [www.StartTrainingBayArea.org](http://www.StartTrainingBayArea.org)

Alana King has been with the American Heart Association for a little over 5 years and her passion for fighting heart disease come from her involvement in Alpha Phi Sorority at Chico State where she earned her degree in Journalism with an emphasis in public relations. She heads the Bay Area Start Training half-marathon training program, which helps hundreds of people annually to walk or run a half-marathon.

#### **Julie Kaufmann, Senior Community Health Director, American Heart Association**

Phone: 510-903-4050 Email: [Julie.Kaufmann@heart.org](mailto:Julie.Kaufmann@heart.org) Websites: [www.StartWalkingNow.org](http://www.StartWalkingNow.org), [www.Heart.org](http://www.Heart.org)

Julie Kaufmann is Senior Community Health Director for the American Heart Association in the San Francisco Bay Area. In that role she works with outside volunteers and organizations to bring the mission of the AHA to life in the Bay Area. This includes implementation of exciting programs such as the AHA Teaching Gardens. Previously Julie was Senior Director, Communications & Marketing for the AHA in the Bay Area. Julie is passionate about fresh fruits and vegetables, healthy eating and physical activity.

#### **Victoria Bruno, Director of Community Programs, Arthritis Foundation of Northern California**

Phone: 415-356-1243 Email: [vbruno@arthritis.org](mailto:vbruno@arthritis.org) Website: [www.arthritis.org](http://www.arthritis.org)

Victoria Bruno is the Director of Community Programs at the Arthritis Foundation, Northern CA. She heads the Chapter's public health education efforts and physical activity programs. Before working at AF, Victoria's career focused on capacity building, training, organizational development and volunteer management for HIV/AIDS organizations.

#### **Kendra Bridges, MS, Project Coordinator, Safe Routes to School Technical Assistance Resource Center**

California Active Communities, California Department of Public Health

Phone: 916-552-9832 Email: [Kendra.Bridges@cdph.ca.gov](mailto:Kendra.Bridges@cdph.ca.gov) Website: [www.casaferoutestoschool.org](http://www.casaferoutestoschool.org)

Kendra Bridges serves as a Project Coordinator for the Safe Routes to School Technical Assistance Resource Center (SRTS TARC), a program of California Active Communities, a joint Unit of the University of California San Francisco and the California Department of Public Health. In this role, she provides technical assistance, trainings, and educational materials on SRTS for Caltrans Districts 1, 2 and 4. As Team Lead, she also oversees TARC projects at the state level. Prior to joining TARC, Kendra served as Land Use Policy Director for the Sacramento Housing Alliance, where she led advocacy efforts around health-promoting land use and active transportation for a multi-sector coalition in the Sacramento region. She holds an MS in Community Development from UC Davis, and a BA in Sociology from UC Santa Cruz.

### **Workshop 4: Chillin' Urban Hot Spots: Creative Public Health Interventions that Decrease Community Crime and Violence**

#### **Barbara Bonilla, Director of Community Services, San Mateo County Sheriff's Office**

Email: [bbonilla@smcgov.org](mailto:bbonilla@smcgov.org) Website: <http://www.smcsheriff.com/>

Barbara Bonilla's background is in development, operations and non-profit management. She worked for the Redwood City Police Activities League (P.A.L.) as the Director of Operations and Development and for several other cities and YMCAs prior to joining the San Mateo County Sheriff's Office in 2009. Barbara has been the Vice President of the California State P.A.L. Board of Directors since March 2004 and is currently the First Vice President of the National P.A.L. Board of Directors.

#### **Melvin E. Gaines, MPP, MUP Special Projects Coordinator, East Palo Alto Police Department**

Phone: 650-798-5956 Email: [mgaines@cityofepa.org](mailto:mgaines@cityofepa.org) Website: <http://cityofepa.org>

Melvin Gaines coordinates various community oriented policing projects for the East Palo Alto Police Department (EPAPD), including the Public Health and Anti-Violence Initiative (FIT-Zone Project). He holds a BS in Political Science and Environmental Studies (Santa Clara University), a Master of Public Policy (University of Michigan), and a Master of Urban Planning (University of Michigan). Mr. Gaines has 3 years of local government experience and 10 years of non-profit experience doing analysis, program management, and community engagement. The FIT-Zone project, launched in August 2012, seeks to reduce violence and improve public health through police officers partnering with health care professionals and community members to provide health lessons and fitness activities within Fitness Improvement Training (FIT) Zones multiple times per week.

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### **Hilary D. Bass, Program Director, Alameda County Deputy Sheriffs' Activities League, Inc.**

Phone: 510-667-3285 Email: HBass@acgov.org Website: <http://acdeputysal.weebly.com/index.html>

Hilary coordinates youth services for the Unincorporated Areas of Alameda County. She develops partnerships in the community and county to support the youth services and service systems and she manages fund development for the organization. She is in charge of a youth leadership program working on preventing youth violence in the Ashland and Cherryland communities.

### **Workshop 5: Exercise and Diabetes: A Prescription for Prevention and a Tool for Self Management**

#### **Robert Goldstein, MS, Fitness Therapist, Diabetes Exercise Coaching**

Email: robertgoldstein79@yahoo.com Phone: 925-457-5346

Robert Goldstein is an Exercise Physiologist/Health Educator who has worked in major medical centers, Columbia Presbyterian in New York, and John Muir Health and Summit Medical Center in Northern California. Rob has worked as an exercise physiologist and helped develop one of the first clinical diabetes exercise programs in the country. He is currently a clinical health educator for Blue Shield of California. He is certified by the American College of Sports Medicine and has a Masters in Recreation Therapy. Rob has also served in the United States Peace Corps in South Africa and provided trainings on HIV, TB, heart disease and diabetes in rural areas. Rob's specialty is helping individuals and corporations create wellness and health promotion programs.

### **Workshop 6: Eat and Drink to Move!**

#### **Laura Brainin-Rodriguez MPH, MS, RD, Coordinator Feeling Good Project, S.F. Department of Public Health, Nutrition Services**

Phone: 415-575-5687 Email: [laura.brainin-rodriguez@sfdph.org](mailto:laura.brainin-rodriguez@sfdph.org)

Website: <http://www.sfdph.org/dph/comupg/oprograms/NutritionSvc/FeelingGood/default.asp>

Laura Brainin-Rodriguez works with the Nutrition Services of the San Francisco Department of Public Health to provide staff and provider training and consultation and develop and implement community nutrition education programs for the Network for a Healthy California. Her project reaches over 25,000 people a year through presentations, technical assistance, nutrition education materials and community partnerships and 2-5 million a year through media outreach. Ms. Brainin-Rodriguez previously worked at Highland Hospital's Department of Obstetrics and Gynecology, the S.F. WIC Program, the Stanford University Student Health Center and Health Improvement Program and the S.F. CHDP Program. She has provided individual nutrition consultation to over 10,000 people seeking to improve their nutritional well-being. She has a Master's in Nutrition and a Master's in Public Health Nutrition, both from U.C. Berkeley and is a Registered Dietitian.