

Health Promotion Alumni Brunch

March 19, 2011

The Event

Recent alumni from the B.S. in Health Promotion and M.S. in Health Promotion Management programs were invited to a **Health Promotion Alumni Brunch** in March 2011. The 4 alumni were able to share their experiences as professionals in the health promotion field since graduation and discuss career opportunities with prospective and current students.



Lance Breger, MS, 2005



- Lance is cofounder of the non-profit organization, Infinity Wellness Foundation, that has taught health and wellness practices to more than 1,000 students in the DC public school system
- Lance is also the Head Trainer at MINT, a fitness spa in Washington, DC.
- Most recently Lance has been named to Washingtonian Magazine's Top Trainer List and as a Finalist for IDEA Health & Fitness Association's Program Director of the Year Award.

Bonnie Flock, MS, 2008

- Bonnie currently works as the Health Promotion Outreach Officer at the National Institutes of Health (NIH). She works with senior leaders, communications directors, and others from across NIH's 27 institutes and centers
- Bonnie recently graduated from the Potomac Massage Training Institute, earned her MS in Health Promotion Management from American University in 2008, and has a BS in Communications from Ithaca College. She is a certified health education specialist (CHES), licensed massage therapist, certified personal trainer, and has training as a health coach



Katherine Ruffato, MS, 2010



- Katherine is the Program Associate for Worksite Health *United States Senate, Partnership for Prevention*
- She is responsible for leading the Partnership's Worksite Health initiatives by overseeing educational publications that raise corporate awareness about employee health and wellness
- In addition to her efforts on Worksite Health, she is also involved with Partnership's Tobacco Control Program.

Jessica Streit, BS, 2010

- Jessica is a technical writer at Lockheed Martin where her role involves researching and drafting correspondence to public inquiries about cancer
- She was recently admitted into George Washington University to pursue a Master of Public Health degree beginning this fall. Her MPH program will be tailored to Global Health, specifically in program design, monitoring, and evaluation.



Job Resources

- The alumni provided advice on successful job searches. Some of their suggestions include:
 - Establish good rapport at your internship – it may lead to a full-time position
 - Utilize contacts from your internship
 - Keep your mind and eyes open to different experiences and opportunities
 - Use past experience to present yourself during the job search
 - Find a mentor who will help to guide you while providing you with advice and support
 - Don't be afraid to pursue what you're passionate about. If you don't know what drives you, experience as much as you can.

Contact Us!

For more information about possible job and internship opportunities, contact our program at healthfitness@american.edu or **202-885-6275**

