

I had always wanted to be a nurse as long as I can remember. I lost my father when I was a young child to natural causes related to cardiac issues. My mother began to have health issues in my teenage years. I had always wondered if there was something that we could have done differently to have helped my parents have healthier lives. My love for reading and learning helped me when I began my research on helping my mom make more informed diet and life choices to improve her cardiac health. I believe that this was the beginning of my interest to become a nurse and learn how to teach people how to actively participate and take care of their own health in managing their medical conditions for a better quality of life.