

# MOLLY CAIN

HEALTH EDUCATOR • NEW YORK, NY 10011, UNITED STATES • (718) 817-1212

## • DETAILS •

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[molly\\_gcainb@gmail.com](mailto:molly_gcainb@gmail.com)

## • SKILLS •

Curriculum Development

Exercise and Nutrition Sciences

anatomy and Physiology

Technology Infused Education

Informal and Formal Assessments

Mentoring Skills

Advanced Communication Skills

## • PROFILE

Experienced and passionate Health Educator with a love for teaching and empowering my students through powerful health awareness. Adept in designing and implementing a comprehensive curriculum that meets specific goals, as well as education requirements and standards. Bringing forth the ability to accurately assess the needs of different clients, and provide life-changing suggestions and support. Familiar with various teaching techniques, and the drive to continue to grow and advance as a Health Educator.

## • EMPLOYMENT HISTORY

### Health Educator at Montefiore Health System, New York

May 2013 — September 2019

- Designed a comprehensive Health curriculum aimed at providing students with health awareness and disease prevention techniques.
- Collected and presented detailed health information to the public concerning disease awareness, prevention, and management.
- Created and distributed STD prevention education materials to community members.
- Assessed the overall health and fitness of clients and developed treatment plans and lifestyle suggestions accordingly.
- Worked with clients to develop beneficial stress management methods.

### Health Educator at Yale New Haven Health, New Haven

July 2009 — April 2013

- Worked to enhance health education program and define specific program objectives.
- Worked to expand the offering of wellness and chronic disease prevention programs and workshops available to the public.
- Counseled patients on dealing with a variety of health and lifestyle issues including getting proper nutrition and exercise and managing chronic illnesses.

## • EDUCATION

### Bachelor of Exercise and Nutrition Sciences, Western Connecticut State University, Danbury

August 2004 — May 2008

### High School Diploma, New Milford High School, New Milford

September 2000 — May 2004

## • REFERENCES

### Lawrence Bindago from Yale New Haven Health

[lbindago@yalenewhaven.org](mailto:lbindago@yalenewhaven.org) 203-443-8982

### Cameron Hayes from Montefiore Health System

[hayes.c@montefiorehealth.com](mailto:hayes.c@montefiorehealth.com) 212-874-4489

### Dr. Steven Smith from Western Connecticut State University

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