

# MOLLY CAIN

HEALTH EDUCATOR • NEW YORK, NY 10011, UNITED STATES • (718) 817-1232

## • DETAILS •

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## • 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**  
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**Cameron Hayes from Montefiore Health System**  
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