

Welcome to my little corner of the internet!

I like to relax by reading, writing, and reflecting - learning is my happy place.

You'll find some of my writing on my [essays](#) page where I rant, rave, and ramble about all things diabetes, technology, and *diabetes technology*.

If you'd like to work with me, see my [resume](#).

Thanks for visiting!



Me and my Vizsla are active outside doing the [Maffetone shuffle](#).