

home

Welcome to my little corner of the internet where 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*.

You'll also find my [resume](#) here in case you'd like to work with me.

I am active outdoors: cycling, walking my Vizsla, or doing [the Maffetone shuffle](#) also known as running.

Thanks for visiting!

