

CURRICULUM VITAE

PERSONAL DATA

Name: Agnes Namalwa Sitati – Wangusi
Nationality: Kenyan
Sex: Female
Date of Birth: 24th January 1972
Religion: Christian
Marital Status: Married
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PERSONAL PROFILE

I am a qualified professional who is self motivated, hardworking, versatile, adaptable and equipped with diverse skills and competencies. Am a responsible individual with good management and organizational skills, strong communication and interpersonal skills, focused and goal oriented with an ability optimize each given opportunity to work very well with others to achieve the desired organizational goals.

CAREER VISION

To be an outstanding professional committed to professionalism, self development, integrity and teamwork.

CAREER SUMMARY

I am a registered Nutritionist with over 23 years experience in clinical nutrition practice, training and leadership. I hold a Master of Science degree in Applied Human Nutrition, Global Executives Master of Business Administration and a Bachelor of Science in Foods and Nutrition.

Am currently working at Kenyatta National Hospital as a Chief Nutrition Officer and Head of Nutrition Department. I have vast experience in nutritional management of various clinical disease conditions in neonates, children, adults, pregnant and lactating women. I am a member of the National Steering Committee on Maternal, Infant and Young Child Nutrition and Technican Committee on Nutrition and Health. I have participated in the development of various national nutrition guidelines, strategies, and policies.

I have longstanding experience in training including training trainers of trainers (TOTS) in various national training programmes for healthcare professionals.

PROFESSIONAL ACHIEVEMENTS

- I was a member of the global planning committee for the Baby Friendly Hospital Initiative (BFHI) Congress held at the WHO headquarters in Geneva, Switzerland from 24th – 26th October 2016
- I received an award for the best employee in Nutrition Department for the 2006 Inaugural Kenyatta National Hospital (KNH) Employee Excellence Award Scheme
- I was a member of the interim council for Kenya Nutritionists and Dieticians Institute (KNDI) in 2009
- I am a founder member and Secretary of Clinical Nutritionists and Dieticians Association of Kenya (CNDAK)

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- I have been a member of foods and nutrition Technical Committees at Kenya Bureau of Standards
- I am a member of the National Technical Working Group on Maternal, Infant and Young Child Nutrition
- I have been a coordinator of the World Breastfeeding Week celebrations at KNH
- I am a trainer of trainers in Maternal, Infant and Young Child Nutrition
- I am a trainer of trainers in Nutrition and HIV/AIDS management addressing issues concerning the nutritional care of people living with HIV/AIDS in HIV training programmes.
- I am a trainer of trainers in Management of Severe Malnutrition in children
- I have been a trainer of trainers at the national diabetes training programme for healthcare professionals in Kenya addressing the subject on nutritional management for people living with diabetes.
- I was a member of the technical working group that developed the Kenyan National Guidelines for Nutrition and HIV/AIDS in the year 2004/2005.
- I was a member of the technical working group that developed the Kenyan National Training Curriculum for Nutrition and HIV/AIDS in 2005/2006.
- I have participated in the technical preparation of the National Sports and Athletics Teams for the 2007 All African Games and World Athletics Championships and National Football Team
- I was a founder member of the Kenyatta National Hospital “Nutrition Awareness Week “ in 2002
- I am a trained and certified diabetes educator and weight management consultant
- I am a trained and certified VCT counselor
- I am a trainer of trainers for Nutrition in Older People
- I have attended and presented papers at a number of professional development forums such as scientific conferences and symposia for healthcare professionals

EDUCATIONAL BACKGROUND

2014 –2016: University of Nairobi
Master of Science in Applied Human Nutrition

2012 –2013: United States International University (USIU)
Global Executives Masters of Business Administration (GEMBA)

July 2002–

Nov 2003: University of Stellenbosch, SA
Certificate in Nutritional Status Diagnostics
Certificate in Nutritional Epidemiology and Statistics
Certificate in Nutrition and Dietetics: Health Promotion
Certificate in Nutrition and Dietetics: HIV and Gastrointestinal Disturbances

1994–1997: University of Eastern Africa, Baraton (UEAB)
B.Sc. Home Economics (Cum Laude)
Major: Foods and Nutrition
Minor: Management

1990 – 1993: Jomo Kenyatta University of Agriculture and Technology

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Diploma in Food Science and Technology

1986 – 1989: Butere Girls' High School
Kenya Certificate of Secondary Education

1978 – 1985: Our Lady of Mercy Primary School, Nairobi
Kenya Certificate of Primary Education

PROFESSIONAL EXPERIENCE

June 2021 – Present: Kenyatta National Hospital, Nairobi.
Position: Chief Nutrition Officer / Head of Nutrition Department

Work experience and responsibilities:

- Assisting the Director Medical Services in the overall administration of the Directorate.
- Planning and managing nutritional programmes within the Hospital.
- Formulating policies and plans for improved service delivery.
- Formulating standards and policies governing nutrition practice within the Hospital.
- Providing technical and professional guidance to team members and management as required.
- Participating in the formulation of national policies and plans for the overall development of health services in the country.
- Promoting teaching and research activities in the Department.
- Managing resources for optimum nutritional outcomes within the Department.
- Assessing performance of Department staff.
- Developing and implementing work plans and budgets for the Department.
- Overseeing performance management in the Department.
- Preparing and submitting all monthly, quarterly and annual reports for the Department.
- Preparing board management papers.
- Identifying needs for the Department staff.
- Participating in the recruitment of staff within the Department.
- Participating in the development and review of the Hospital strategic plan.
- Mentoring and coaching Department staff.
- Participating in various committees in the Hospital.

Sept 2020 – June 2021: Kenyatta National Hospital, Nairobi.
Position: Assistant Chief Nutrition Officer / Clinical Instructor

Work experience and responsibilities:

- Organize with the department on placement of students/interns in different work stations.
- Provide an orientation for the students/interns to the clinical sites including schedules (days and hours), evaluation methods, and overall responsibilities.
- Support the department with the development and upgrading the objectives and competencies for clinical skills logbook and assessments.

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- Identify and assign appropriate activities in alignment with the objectives and competencies for the clinical rotation to enhance student/intern learning.
- Monitor student/intern progress to ensure stated objectives are adequately addressed and met.
- Serve as a role model and mentor for the students/interns.
- Answer student/intern questions and serve as a resource person to enhance understanding of clinical related issues including sharing knowledge and skills.
- Facilitate and/or seek interactions with other nutritionists of clinical practice sites.
- Assess student/intern competence to identify strengths and address weaknesses.
- Carry out evaluations with the students/interns to communicate progress and address any areas of concern.
- Complete a final "student/intern placement evaluation" and report any concerns or issues to the department.
- Communicate with the department any concerns or questions regarding student/intern progress as soon as issues arise.
- Serve as a manager, teacher, and mentor to stimulate the student/intern's interest in all aspects of clinical practice and encourage innovative thinking and approaches to practice.
- Any other duty allocated by the HOD.

Sept 2016 – Sept 2020: Kenyatta National Hospital, Nairobi.

Position: Assistant Chief Nutrition Officer, Paediatrics Division

Work experience and responsibilities:

- Co-ordinating the preparation and service of therapeutic and other regular feeds in the main kitchen and private wing.
- Liaising with Catering, Supplies and Public Health department to ensure that quality and adequate foodstuffs are received prepared and served.
- Spearheading culture change to improve the hospital's image in the department.
- Overseeing the Implementation of Standard Operating Procedures and Standards in the department.
- Participating in setting of performance targets.
- Participating in policy formulation with regard to nutrition.
- Providing technical advice on nutrition.
- Preparation of weekly reports on the operations of the division am in charge.
- Assessment of staff performance and ensuring staff discipline.
- Participating in research, teaching and examination of students in the Hospital and in any other institutions of higher learning.
- Any other duties that may be assigned.

Aug 2012–Aug 2016: Kenyatta National Hospital, Nairobi.

Position: Senior Nutrition Officer

Work experience and responsibilities:

- Nutritionist in-charge for nutrition activities related to infant and young child feeding and maternal nutrition
- Planning, designing, implementation and coordination of Nutrition work plans including outreach activities with the nutrition teams at the hospital.

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- Training and inducting nutrition students on inpatient and outpatient nutrition programs
- Nutritional assessment, counselling and education, and follow up of patients including HIV/AIDS infected pregnant and lactating women
- Nutrition assessment and follow up of HIV exposed infants and children at the PMTCT clinic
- Participating in writing proposals for Nutrition projects
- Screening patients for nutritional care and carrying out nutrition assessments on patients requiring nutritional care and support
- Preparing nutrition care plans and calculating nutritional requirements for patients
- Monitoring and documenting patients' food intake and establishing levels of nutrient consumption
- Preparing diet instruction sheets for patients and clients
- Instructing and supervising the preparation and administration of therapeutic feeds
- Participate as a resource person in trainings and continuous medical education
- Writing reports on nutrition activities and projects
- Nutrition coordinator of the Prevention Mother To Child Transmission (PMTCT) program
- TOT and coordinator for the Infant and Young Child Feeding Counseling Course
- Providing Outpatient Therapeutic Feeding and Supplementary Feeding to malnourished pregnant and lactating women
- Providing nutrition training to Hospital staff on Healthy Eating, Infant and Young Child Feeding and Lactation Management, Integrated Management of Severe Malnutrition, and Paediatric Nutrition and HIV/AIDS, PMTCT, and Nutrition and HIV/AIDS Management training
- Coordinating breastfeeding support groups at the ANC clinic
- Coordinator of the World Breastfeeding Week celebrations at KNH in collaboration with the Ministry of Public health and Sanitation Nutrition Division
- Participate in designing and conducting nutrition surveys and research at KNH
- Representing KNH in meetings with partners and collaborators such as MOH, Kenya Bureau of Standards, and Institutions for Higher Learning
- Any other duties that were assigned

Jun 1999 – July 2012: Kenyatta National Hospital, Nairobi.

Position: Nutrition Officer I

Work experience and responsibilities:

- Screening patients for nutritional care and carrying out nutrition assessments on patients requiring nutritional care and support
- Preparing nutrition care plans and calculating nutritional requirements for patients
- Monitoring and documenting patients' food intake and establishing levels of nutrient consumption
- Preparing diet instruction sheets for patients and clients
- Instructing and supervising the preparation and administration of therapeutic feeds
- Implementing outpatient and inpatient supplementary and therapeutic feeding programmes.
- Writing reports on nutrition activities and projects
- TOT and coordinator for the Infant and Young Child Feeding Counseling Course
- Providing nutrition training to Hospital staff on Healthy Eating, Infant and Young Child Feeding and Lactation Management, Integrated Management of Severe Malnutrition, and

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Paediatric Nutrition and HIV/AIDS, PMTCT, and Nutrition and HIV/AIDS Management training

- Coordinated the World Breastfeeding Week celebrations at KNH in collaboration with the Ministry of Health Nutrition and Dietetics Unit
- Participated as a resource person in in-house and national trainings and continuous medical education
- Participated in designing and conducting nutrition surveys and research at KNH
- Represented KNH in meetings with partners and collaborators such as MOH, KNDI, Kenya Bureau of Standards
- Was a team leader for nutrition services in the various areas I worked
- Any other duties that were assigned

CONSULTANCY WORK DONE

April - Oct 2016 Participated as a member of the planning committee for the Baby Friendly Hospital Initiative (BFHI) Congress held from 24th – 26th Oct 2016 at the WHO headquarters in Geneva, Switzerland

2008 – 2011 Conducted trainings on “Nutrition and Lifestyle” for clients under Octagon Pension Services

Aug 2009-Jan 2010 Facilitator at six national workshops organized by Ministry of Public Health and Sanitation and University of Nairobi on Infant and Young Child Feeding Counseling Course for Healthcare Workers in the public health sector

3rd Jul-15th Aug 2008 Conducted capacity building for the MSF–France Nutrition programme for the comprehensive care of HIV and TB infected patients at Mathare slum. This involved training of healthcare staff and community health workers on infant feeding and HIV, paediatric HIV nutrition care, and adult HIV nutrition care. I also facilitated training and adoption of the national nutrition and HIV guidelines, and development of appropriate IEC materials

April 2006 – January 2008 Participated in a national capacity building training programme for healthcare professionals and providers on Diabetes Management. The programme was coordinated by the Kenya Diabetes Management and Information Centre (DMI) in collaboration with the Ministry of Health.

14th-27th Sept. 2001 Conducted a Nutrition Survey on Older People and children under five years in Wajir District for HelpAge International (ADRC) and Save The Children-UK. This involved training the Survey Teams, conducting focus group discussions, interviewing key informants from Development Agencies, and monitoring the survey exercise. The cluster sampling method and a household questionnaire was used to collect the quantitative data. The kind of data collected was anthropometric data (height, weight, MUAC), Health data (clinical signs, diseases), Care and Food (functional ability and access to food was assessed), and Mortality. A report on the

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qualitative data highlighting the major findings from the survey was prepared and submitted to the agencies.

8th–10th August 2001 Facilitated a workshop organized by HelpAge International on “Nutrition for older people” for all Nutritionists at Nakuru Provincial General Hospital

2nd –13th July 2001 Planned, organized and participated in the facilitation of a workshop on “Nutrition for older People” in collaboration with HelpAge International for all Nutritionists at Kenyatta National Hospital. This was an execution of my action plan during the first workshop I attended on Nutrition for older people

TRAININGS AND CONFERENCES ATTENDED AND FACILITATED

29th–31st Mar 2022 Attended the 1st National Maternal, Infant & Young Child Nutrition Symposium at Safari Park Hotel, Nairobi

10th–11th Jan 2022 Attended the SAP ERP and E-Hospital Trainer of Trainers and User Acceptance Testing training at KNH

17th–19th Nov 2021 Attended the 2nd International Nutrition & Dietetics Scientific Conference at Kenya Nutritionists & Dieticians Institute Headquarters, Mavoko sub-county

12th–13th Oct 2021 Attended the Induction Workshop for Executive Management Committee and Heads of Departments at White Rhino Hotel, Nyeri County

8th–9th March 2021 Attended the Risk Management workshop at KNH

9th Nov-4th Dec 2020 Attended the Senior Management Course at Kenya School of Government

19th–22nd Feb 2019 Attended the Quality Management Systems (QMS) Implementers training workshop at KNH

12th – 16th Jul 2018 Attended a symposia on “Liptomil Plus – Unsurpassed Mental Development Especially Memory & Learning” in Dubai, U,A.E

12th June 2018 Attended a training on Patient Centered Care at KNH

24th – 26th Oct 2016 Participated in the planning committee and attended the Baby Friendly Hospital Initiative (BFHI) Congress held at the WHO headquarters in Geneva, Switzerland

8th – 10th Sept 2014 Attended a training seminar on “Customer Care Training” at KNH

29th – 30th April 2013 Attended a training seminar on Mentoring and Coaching in Nairobi

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- 19th – 30th Sept 2011** Attended a training seminar on updates in Prevention of Mother To Child Transmission (PMTCT) of HIV in Nairobi
- 9th – 13th May 2011** Attended a workshop on Comprehensive Paediatric HIV/AIDS Management in Nairobi
- 4th – 8th Oct 2010** Attended the 4th Africa Nutritional Epidemiology Conference (ANEC) in Nairobi,
Nairobi, Kenya
- 1st – 6th December 2008** Attended a TOT on Infant and Young Child Feeding course at Central Park Hotel in Nairobi
- 3rd Jul-15th Aug 2008** Capacity building of the MSF–France Nutrition programme for the comprehensive care of HIV and TB infected patients. This involved training of healthcare staff, adoption of the national nutrition and HIV guidelines, and development of appropriate IEC materials
- 9th – 11th June 2008** Attended a seminar on Adherence Counseling in HIV/AIDS Care and Treatment at KIE, Nairobi
- 17th – 21st March 2008** Attended a TOT seminar on “Management of Malnutrition in Children under 5 years” at Brackenhurst International Centre in Limuru.
- 26th March – 3rd Apr 2007** Attended a seminar on “General Management” at Kenyatta National Hospital. The aim of the training was to enhance the management and leadership skills of middle level managers at KNH.
- 19th March – 23rd March 2007** Attended a seminar on “Nutrition and HIV/AIDS Management” in the Comprehensive Care Centre at Kenyatta National Hospital. The aim of the training was to enlighten nutritionists on comprehensive care management of HIV/AIDS patients.
- 1st September - 30th October 2006** Attended a short study diabetes training programme at Inkosi Albert Luthuli Central Hospital, Durban, South Africa. The objective of this training was to enhance my knowledge and skills in diabetes management. During this period I was attached to the Dietetics department at the hospital where I also provided medical nutrition therapy to patients alongside the hospital dieticians in all the specialized wards and units.
- 21st – 23rd Feb 2005** Attended a regional Inaugural National Nutrition Congress (INNC) organized by Kenya Coalition for Action in Nutrition (KCAN) in Nairobi. The theme of the congress was “Food and Nutrition Security for Health and Development”
- 20th Nov 2004** Attended a Continuing Medical Education (CME) update on Diabetes, Obesity and Metabolism organized by the Kenya Association of Physicians in Nairobi

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- 21st–25th April 2004** Attended the 32nd Kenya Medical Association Annual Scientific Conference in Nakuru
- 26th–30th April 2004** Organized, coordinated and attended a seminar for all Nutritionists at Kenyatta National Hospital on “Diabetes Training”
- 2nd –25th Feb 2004** Attended a Voluntary Counseling and Testing (VCT) Training Course organized by KNH in collaboration with NASCOP
- 26th February – 1st March 2003** Attended the Kenya Association of Physicians 17th Annual Scientific Conference on “Non-Communicable Diseases” in Nairobi
- 18th–19th Sept 2003** Attended the International Orphan-Care Conference in Nairobi
- 28th October – 1st November 2002** Organized, coordinated and attended a seminar for all Nutritionists at Kenyatta National Hospital on “Nutrition and Neoplasm”
- 21-25th July 2002** Attended an International conference on “Information Technology in the Advancement of Nutrition in Africa” (ITANA) in Nairobi. The aim of this conference was to sensitize nutrition and health professionals on the use of IT in nutrition communication, networking, programming, training, research and emergency areas.
- 9-11th July 2002** Attended a workshop on Curriculum development for HIV/AIDS training in Nakuru organized by Kenyatta National Hospital Training Unit. I developed a curriculum for training staff on “Nutritional Care of People Living with HIV/AIDS”.
- 5-9th June 2002** Attended a workshop on proposal writing for management of HIV/AIDS patients in the division of Medicine at Kenyatta National Hospital (KNH). The workshop was aimed at developing strategies for better management of HIV/AIDS patients at KNH thereby decongesting the wards, which has in the recent past greatly stretched the available resources and led to the decline of quality care to patients.
- 15-20th April 2002** Facilitated a training workshop on Diabetes Care and Management organized by Diabetes Management and Information Centre (DMI) in Nairobi. I trained three Nurses from Nairobi hospital on Dietary Management of Diabetes and gave a lecture on Diet and Diabetes to children attending a three-day Diabetes camp organized by DMI at Methodist Guest House.
- 21st –23rd Feb 2002** Attended the Kenya Association of Physicians 17th Annual Scientific Conference on “Non-Communicable Diseases” in Nairobi
- 25-30th Nov 2001** Attended a workshop organized by HelpAge International (ARDC) on Experience Sharing for projects undertaken in Nutrition for Older People in Africa, in Blantyre, Malawi. This workshop brought together

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participants from different countries in Africa to share information on nutrition issues affecting older people in their respective countries and develop better strategies to address the nutritional requirements of older people in Africa.

8th- 9th Nov 2001
29th Sept 2001

Attended a seminar on HIV/AIDS Education organized by KNH
Attended the Kenya Association of Physicians Continuing Medical Education on “Diabetes Mellitus” in Nairobi

3–13th July 2000

Co-organized and co-facilitated a training workshop on “The Nutrition of Older People in Africa” for all Nutritionists in KNH in collaboration with HelpAge International Africa Regional Development Centre

31st March 2001

Attended a Symposium on Neurology organized by Kenya Association of Physicians (KAP) as Continuous Medical Education (CME) update in Nairobi, Kenya. Various issues in the medical management of Neurological problems were addressed

21-22 March 2001

Attended a Nutrition Training Workshop for International Non Governmental Organizations organized by HelpAge International ARDC on Nutrition needs and assessment in the elderly in Nairobi, Kenya. This workshop enhanced my understanding of nutrition issues related to older people and built my capacity to undertake nutrition assessment in older people in any community including emergency situations. My action plan at the end of this workshop was to organize a similar training workshop for all Nutritionists at Kenyatta National Hospital as a way of disseminating information and building their capacity to undertake nutrition assessments in older people admitted at the hospital

3rd March 2001

Attended a Symposium on Living Positively with HIV and AIDS organized by KAP as CME update in Nairobi, Kenya. Various issues were addressed at this workshop ranging from medical to social and even legal aspects of this dreadful epidemic

17-21 July 2000

Attended a Training Course on Diabetes Care and Patient Education organized by Eli Lilly in conjunction with Diabetes Care and Training Centre in Nairobi, Kenya. I emerged as a trained Diabetes Educator with basic knowledge in Diabetes care and management

27-31 March 2000

Attended an Advanced Nutrition Seminar organized by Kenyatta National Hospital Nutrition Department in Nairobi, Kenya. This seminar enhanced my knowledge in Nutrition management of various disease conditions addressed at the seminar

PRESENTATIONS AND PUBLICATIONS

26th November 2005 Presented a review paper on “Medical **Nutrition Therapy in Diabetes Management**” at the Kenya Association of Physicians annual symposium held at Grand Regency Hotel, Nairobi, Kenya. The objective of this

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presentation was to inform healthcare professionals on the role of medical nutrition therapy in diabetes management and diabetes self management education.

- 21st–25th April 2004** Presented a review paper on “*Nutrition Implications of Antiretroviral Therapy (ART) in Resource Poor Settings*” at the Kenya Medical Association 32nd Annual Scientific Conference held at Merica hotel in Nakuru, Kenya. This paper was aimed at educating healthcare workers on interactions between HIV medications and food and/or nutrients, their implications in resource limited settings, and the need for ART programs to address nutritional issues of people living with HIV/AIDS.
- 26th–28th Feb 2003** Presented a review paper on “*Protein Energy Undernutrition in Hospitalized Patients*” at the Kenya Association of Physicians Annual Scientific Conference in Nairobi, Kenya. This paper was aimed at sensitizing health care givers on the causes of undernutrition and the role of nutrition in the clinical management of hospitalized patients.
- 21-23rd Feb 2002** Presented a review paper on “*Nutrition and HIV/AIDS: Recommendations for Nutrition Care and Support for Adults Living with HIV/AIDS in Sub-Saharan Africa*” at the Kenya Association of Physicians Annual Scientific Conference on Infection and Infectious Diseases in Nairobi, Kenya. This paper was aimed at educating health care givers on the role of nutrition in the care and management of HIV/AIDS in Sub-Saharan Africa.
- 29th Sept 2001** Presented a paper on “*Dietary Management of Diabetes Mellitus in Kenya (A Case Study Among the Luo and Luhya Communities of Western Kenya)*” at a symposium on Diabetes Mellitus organized by the Kenya Association of Physicians (KAP) in Nairobi, Kenya. This paper reviewed the dietary habits among the Luo and Luhya communities in the context of a resource poor setting against the modern strategies for dietary management of Diabetes. This paper has been published in the KAP journal – Healthline

EXTRA CURRICULAR ACTIVITIES

Community:

- I was a member of the Parents Teachers Association at the Kenya High School (2017-2021)
- Am a founder and co-patron of Restore Namwela Boys Project Initiative in Bungoma County
- I mobilized a funds drive for the construction of a Dining Hall named “Agnes” at Chwele Girls Day and Boarding Primary School in Bungoma County
- I was an active member of the St Pauls University Chapel Choir (2000-2012)
- Am a member of several groups at the Friends International Centre Church, Ngong’ Road
- I am an advocate of healthy nutrition and lifestyle practices through public forums and the media
- I have participated in the organization and coordination of the annual medical camp in my church

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- I have participated in the Heart to Heart Foundation Run to help raise funds for children in need of heart surgery
- I have organized and coordinated various seminars on Nutritional Management of selected diseases for all Nutritionists at Kenyatta National Hospital
- I have participated in annual walks organized by the Diabetes Management and Information Centre to help raise funds towards better management of diabetes in Kenya
- I have participated in walks organized by the Kenya Cardiac Society and World Heart Federation to mark the World Heart Day
- I have participated in various free medical camps and health awareness campaigns in Nairobi

College

- I was an active member of Home-Tech Club (an activity club for students in the school of Science and Technology at Baraton University)
- I was a member of the Executive Committee of Bungoma Students Association at Jomo Kenyatta University of Agriculture and Technology (this was an association for students from Bungoma county in western Kenya)
- I actively participated in sports such as netball

School

- I was a member of the school choir to national level
- I was an active member of the science club
- I participated in badminton, netball, and represented my school in athletics

HOBBIES AND INTERESTS

- I enjoy exercising, dancing and singing
- Design
- Site seeing
- Cooking and performing general household chores
- Reading health and nutrition information

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REFERENCES

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