



Gina Herrera

- More than 20 years clinical and healthcare program development/ leadership
- Collaborating effectively with cross-functional, multicultural teams

Education

- University of California at Berkeley - MPH (Public Health) Epidemiology and Biostatistics
- Northern AZ University - BS duo degree (Suma Cum Laude): 1) Health Education K-12 and Health Promotion.

Interests

- Epidemiology and Disease trends
- Women, Infants and Children
- Neurology
- Breast Cancer
- Caregiving
- ALS (Lou Gehrig's Disease)

Affiliations

- National Society of Hispanic MBAs - VP of Membership (Board member)
- First Things First – Grant Reviewer (evaluate grants for funding)
- Governor's Office of Highway Safety: Safe Kids Arizona - Car Seat Safety Instructor
- Healthy Mothers Healthy Babies Coalition
- Childbirth and Postpartum Professional Association
- Arizona Public Health Society
- National Public Health Society
- Driver's Education/Safety/Sex Education Instructor certification

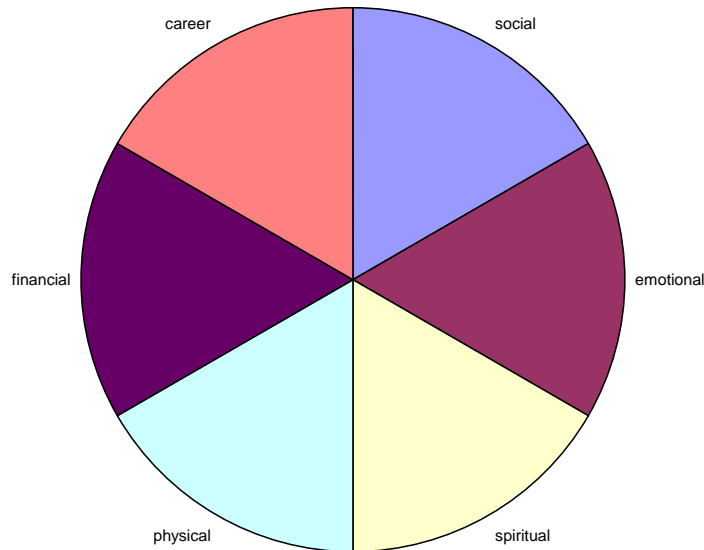
Professional Experience

1. Present: Manager of Women's Health Education, Banner Health Del E Webb Medical Center. My team educates and empowers women in all facets of life; this includes educating those who directly influence their lifestyles such as children and partners.
2. Present: Caregiver of elderly father
3. Previous roles:
 - Senior Project Manager of Clinical Research, Cardiovascular
 - Risk Management Consultant in Decision Science
 - Management Officer for UCSF, Neurological Services
 - Manager of University Family-Care AHCCCS for mothers and infants
 - Caregiver of mother who had Lou Gehrig's Disease (ALS)

Panel Member on Health and Well-Being

Short, informal presentation on...

Becoming Healthy and Maintaining Your Health



- Work (Career and home workload) – relationships, organizing, time management, climbing the career ladder, setting goals, formulating visions, motivating direct reports, etc.
- Social – family, friends, co-workers, new relations, travel
- Emotional – reading, relaxation, positive thoughts/goals, aromatherapy, massages, organize
- Spiritual – meditation, church, you are being taken care of
- Physical – sleep, exercise, food pyramid, hydrate
- Financial – Planning, budgeting, it all adds up, you are in control

Plot your strengths. Where are your weaknesses on the diagram? How can you strengthen your weaknesses? Take 2 minutes to write out a short-term vision to incorporate all aspects of healthy living. Take 2 minutes to write out a plan to incorporate a long term plan for healthy living.

Just to mention a few physical benefits...

Benefits of exercise:

- Regulate blood sugar levels
- Lower blood pressure
- Improves circulation
- Increases endorphins – increase immune system
- Increases serotonin levels - gives you the “high” that anti-depressants mimic
- Improves bone density which helps prevent osteoporosis

Benefits of sleep

- Improves the health of your heart
- Reduces stress
- May prevent cancer according to some studies

- Reduces inflammation
- Bolsters your memory
- Makes you more alert
- Reduces depression
- Helps you lose weight
- Tissue repair occurs during sleep

I believe in the proverb, "Where there is no vision the people perish." We all need visions for our lives whether it is at work, at home or at play. Once we achieve one, we can alter our vision to include more strength. The more strength you achieve, the better you feel about yourself. The better you feel about yourself, the more momentum you have to achieve the more difficult challenges.