

Health/science/entertainment/design/lifestyle writer and editor with a UC Berkeley Graduate School of Journalism master's degree, over a decade's worth of print and digital experience, and a penchant for pop culture. Passionate storyteller and wordsmith seeking opportunities to educate, empower, and enlighten readers.

PROFESSIONAL EXPERIENCE

FREELANCE JOURNALIST|EDITOR|GHOSTWRITER|STORYTELLER|CONTENT CREATOR

2006 – PRESENT

- ❖ Report, write, and edit health, entertainment, lifestyle, design, and tech articles for outlets including ***Cosmopolitan, Marie Claire, Harper's Bazaar, Teen Vogue, O: The Oprah Magazine, Seventeen, Slate, SPIN, Entrepreneur, HowStuffWorks***, and more.
- ❖ Contributing editor at ***California Home + Design Magazine*** and monthly columnist at ***The Nob Hill Gazette***.
- ❖ Content writer for companies including **WebMD, Metromile, Modern Fertility, One Medical, Walgreens**, and more.
- ❖ Print and digital ghostwriter for C-level executives, lifestyle influencers, medical professionals, and more.

FITBIT, HEALTH + WELLNESS EDITOR (CONTRACT)

AUGUST 2017 - APRIL 2019

- ❖ Researched, wrote, edited, and produced health and wellness content on topics including sleep, stress, exercise, and women's health.
- ❖ Led and executed development and production of original female health content package supporting Fitbit's first menstrual health tracking feature, resulting in over 100 articles published across 10 languages.
- ❖ Collaborated with teams across the corporation to build original content for new programs and features.

ONE MEDICAL, SENIOR HEALTH WRITER

AUGUST 2013 – AUGUST 2016

- ❖ Researched, wrote, edited, and produced clinical and lifestyle articles and website pages on topics ranging from cancer treatment and HIV prevention to nutrition and stress management.
- ❖ Produced quarterly newsletters promoting content and company announcements.
- ❖ Sourced photography, built and scheduled all content in WordPress. Created and scheduled all social media copy and assets to promote blog posts across multiple social media channels.
- ❖ Commissioned multimedia slideshows and infographics
- ❖ Assisted in campaigns, events, interviews, and partnerships with industry influencers.

UC BERKELEY KNIGHT PROGRAM IN SCIENCE & ENVIRONMENTAL JOURNALISM, COORDINATOR/

ASSISTANT TO MICHAEL POLLAN

AUGUST, 2012 – MAY 2013

- ❖ Conducted research and fact-checking for author, journalist, and Knight Program in Science and Environmental Journalism professor Michael Pollan. Organized speaker appearances and workshops and assisted with two UC Berkeley classes including the Edible Education lecture series, a weekly class open to 400 UC Berkeley students and 300 community members that features prominent figures in the national food and farming debate.

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO, EXECUTIVE ANALYST

Michelle Konstantinovsky

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JULY 2010 – JUNE 2011

- ❖ Served as direct administrative support for **UCSF Emergency Medicine** Department chair. Worked with the National HIV/AIDS Clinicians' Consultation Center, creating training and resource materials for clinicians in Ethiopia.

SPIN MAGAZINE/HARTLE MEDIA, PROJECT COORDINATOR/EDITORIAL CONTRIBUTOR

JULY 2006–JANUARY 2010

- ❖ Researched and wrote advertorial copy for **7x7** and **California Home & Design** Magazines on topics including travel, beauty, health, and real estate.
- ❖ Conducted red carpet interviews and reported on movie premieres, awards shows, concerts, and other events for **7x7.com** and **SPIN.com**.
- ❖ Managed all communications efforts for president of **SPIN Magazine**/publisher of **7x7 Magazine**.

EDUCATION

- ❖ **UNIVERSITY OF CALIFORNIA, BERKELEY, MASTER OF JOURNALISM**, August 2011 – May 2013
- ❖ **UNIVERSITY OF CALIFORNIA, DAVIS, DUAL BACHELOR OF ARTS DEGREES: PSYCHOLOGY AND ENGLISH**, September 2002 – May 2006, GPA: 3.73/4.00

COMPUTER SKILLS

- ❖ Mac and PC operating systems, Adobe Suite Software, Microsoft Office, WordPress, Final Cut Pro, Soundslides, social networking sites including Facebook, Twitter, Tumblr, Pinterest, and Instagram.

VOLUNTEER EXPERIENCE

YOGA TO COPE, SECRETARY, WWW.YOGATOCOPE.ORG

FEBRUARY 2019 - PRESENT

- ❖ Secretary and podcast co-host for Yoga to Cope, a nonprofit organization that provides free, online, yoga-based resources for people coping with trauma, pre-trauma, grief, depression, and the like.

ABOUT-FACE, PUBLICITY/DEVELOPMENT DIRECTOR, WWW.ABOUT-FACE.ORG

MAY 2010 – JUNE 2011

- ❖ Researched, wrote and edited blog posts for About-Face, a nonprofit dedicated to equipping women and girls with tools to understand and resist harmful media messages that impact their self esteem.

LANGUAGES

- ❖ English and Russian

SPECIAL SKILLS

- ❖ Registered Yoga Teacher (RYT), 200-hour level

AWARDS AND HONORS

- ❖ Gobind Behari Lal Award for Excellence in Reporting on a Science or Health Related Story – UC Berkeley Graduate School of Journalism, 2013
- ❖ Kaiser Permanente Institute for Health Policy Journalism Fellowship, 2012-2013
- ❖ UC Davis Outstanding Undergraduate Accomplishment in English Award, 2006
- ❖ UC Davis Deans' Honors List, 2003, 2004, 2005, 2006

References Provided Upon Request.