



I received my BS degree in Nursing from St. Joseph's College in Maine in 1986. In 1988 I received my MS in Nursing from the Medical College of Virginia in 1988 and subsequently obtained my MS in Neuroscience from the University of Virginia. During this time I worked in the Neonatal ICU and as a Perinatal educator. Once my 3 daughters left for college, I obtained a postgraduate certificate in Nurse Midwifery from the Frontier School of Midwifery and Family Nursing. I worked in both clinic and private practice settings providing primary

care and prenatal care to women and attended deliveries in the hospital and at home. I have lived in Costa Rica since October 2009. My hobbies include knitting, whitewater kayaking and cooking.