

**Marissa Garafano** began dancing at the age of three and joined the competitive team at her childhood studio at age six. Since then Marissa has not been able to stop dancing. She continued to dance throughout college participating in Boston University's Dance Theater Group, a student run group that holds shows twice a year. Additionally, she attended classes at BU and around the city in everything from jazz, tap, ballet, and Latin ballroom.

At Boston University, Marissa majored in Health Science and received her Master's in Public Health. She aims to work with youth to promote healthy nutrition and physical activity habits. Recently she met the requirements to meet the national requirements to become a Certified Health Education Specialist. She plans to pursue further education to become a Registered Dietician, an achievement she feels will be beneficial to helping others live a healthy, active lifestyle.

In addition to working at Express Marissa works at MEDITECH as an implementation specialist, and at the Y teaching kids and their parents how to integrate healthy eating and physical activity into their daily life. Marissa loves being able to share her passion for dance and living a healthy active lifestyle with her students at Express!