**Fit and Fabulous Facilitators**

**Rovonda Michelle Freeman**

Ms. Freeman is a proud 2000 and 2003 alumnus of East Carolina University, Greenville, NC, holding both a Bachelors and Masters Degree in Health Education and Promotion, with a concentration in Community Health. She has been employed with the Wayne County Health Department for over 7 years, first serving as Adolescent Health Coordinator and most currently as Minority Health Coordinator. She was recently named a Robert Wood Johnson Ladder to Leadership Fellow, which is a 16 month long fellowship meant to groom future leaders in the healthcare and non-profit organization fields.

Ms. Freeman has contributed numerous times to the Goldsboro News -Argus Health Page and other community wide publications. In addition, she hosts a 10 minute radio segment weekly on AM 730 WFMC entitled, “This Week in Minority Health” along with on-air personality Averil Williams. Ms. Freeman is a dedicated volunteer and is committed to community service. She truly believes that one person can make a difference.

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**Christine W. Smith**

Christine has worked with NC Cooperative Extension in Wayne County for over 26 years and is considered a leader in her field of nutrition and wellness. In her role as an Extension Agent in the Department of Family and Consumer Sciences at NC State University, she is responsible for delivering research based information in the areas of Nutrition and Wellness, Food Safety, and Family Resource Management to the citizens of Wayne County.

Mrs. Smith received her B.S. degree in Home Economics Education from Tennessee State University in 1981 and her M.S. degree from Oregon State University, Corvallis, OR, in 1983.

She has served in numerous state committees and has been on the writing team for three curriculums that are being used across the state: Eat Smart Move More Weigh Less, Color Me Healthy, and A Man’s Guide to Basic Culinary Art. She is also a contributing author of Heart & Soul cookbook - a collection of heart healthy Southern recipes which is now available online at: [http://www.ces.ncsu.edu/wayne/](http://www.ces.ncsu.edu/wayne/). Christine writes a weekly column in the local paper and is a featured monthly columnist for the Eat Smart Move More NC electronic newsletter.

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Patricia Hobbs

Patricia Hobbs is a military brat with a passion for fitness. She was born in Okinawa, Japan and was raised in Fayetteville, N.C. since the 7th grade. Before then, her family traveled a lot and were stationed at various locations.

Patricia holds a Biology degree with a Minor in Education from Methodist University and is currently working on her Masters in Health Promotion and Education through East Carolina University.

Her first group certification was when she was only 21 years old so she has been teaching group classes for 16 years. Patricia received her Personal Training certification through AFAA as well and is always willing to work one on one with individuals who want the help. She is currently employed with Bellamorphosis, a womens' health club on Seymour Johnson AFB, and at Golds’ Gym. Patricia is also a beauty consultant with MaryKay Cosmetics. If you would like to contact Patricia with any fitness or beauty questions or concerns,

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Olive “Lynn” Cyrus

Lynn was born and raised in St. Croix US Virgin Islands. She attended Hampton University in Virginia and graduated with a BSN in nursing in 1989 and has been a nurse for 21 years. She also attended central Michigan University, military extension, where she obtained a master’s in Healthcare Administration in 1995. She served active duty with US Air Force for 6 years. Currently Lynn is a member of (AFAA) American Fitness Association of American in primary group exercise and is also CPR certified.

Lynn has been a Zumba instructor for over a year. “Embracing a healthy body, mind and spirit, is her moto for fitness. According to Lynn “in our Zumba sessions, you’ll learn a combination of high energy and unique moves, allowing you to dance away your worries!”

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