



## Sydney Stargatt | CFR

Sydney is currently pursuing her master's degree in public health, specializing in behavior change and health promotion at New York Medical College. After graduation, in addition to her MPH, she will be certified as a health education specialist. While pursuing her degree, Sydney has been working for Optum as manager at one their corporate wellness sites in Midtown Manhattan. As a manager at Optum, Sydney has developed a passion for corporate wellness and fitness, striving to better the lives of her clients and everyone she works with through a holistic approach to health. Sydney has been able to integrate her public health studies directly into her work and is eager to contribute her passion and studies towards CFR's mission and research.