

## **SABRINA KRAMER, R.N.**

Sabrina Kramer brings a unique blend of skills to the exercise component of HeartVentures. She is both a registered nurse and a Certified Personal Fitness Trainer and has significant experience in effecting positive change through conditioning and exercise. Her extensive nursing experience includes cardiovascular, critical care and outpatient surgical care. In addition, she has maintained a sizeable private practice as a personal trainer.

Her credentials include:

- Associates Degree in Nursing from South Georgia College
- Certification as a Personal Fitness Trainer from the International Sports and Sciences Association
- Member, Reebok Alliance for Personal Trainers
- Health Professional Member, National Arthritis Foundation
- Health Professional Member, National Osteoporosis Foundation

Mrs. Kramer has been highly successful in motivating HeartVentures participants to improve their health and to "get moving."