

## Monica Esquivel

Born in El Paso, Texas, and raised in Southern California, Monica Esquivel is Mexican-American and speaks fluent Spanish. She graduated with honors from Azusa Pacific University with a Bachelor of Science in Nursing. Although her nursing career as a Registered Nurse has provided a wide span of opportunities and experience, she found her love and passion in Health Education and has worked in this field as a Wellness Coach and Patient Education, RN, for the past 15 years. Some of her prior experience includes medical/surgical unit, mother/baby, lactation consulting, research, management, and most recently assisted in the Emergency Room when she was deployed to help during Covid. Monica is currently a Nurse Educator at Kaiser Permanente – Orange County – Center for Healthy Living teaches several topics that include Diabetes, Weight Management, and Congestive Heart Failure classes for members. She enjoys driving to different locations to teach her classes as well as doing virtual classes and individual telephone appointments with members. With her Master of Public Health degree, she plans to do research to help bridge the health disparities gap.

Monica has enjoyed volunteering at MEND, The American Lung Association, as well as in Health Fairs. She had the opportunity to travel to Nairobi, Kenya on a mission's trip with her church which left an indelible mark on her heart. In her spare time, Monica enjoys taking walks on the beach, gathering with friends and family for a meal, and going to the movies. Some of her hobbies include taking dance lessons, learning to play her antique violin, and oil painting. She loves to travel and hopes to someday learn to scuba dive.