

Teri was an educator based first in Chicago and then in the Bay Area. She taught at Oakland's Adult and Career Education Program for over seventeen years. Honored as the 2006-2007 Teacher of the Year, she served as the Brain Health Program Coordinator, specializing in Brain Fitness education. She functioned as lead teacher, teacher trainer, and curriculum developer. The Brain Fitness program she developed and taught was a finalist in the www.Sharpbrains.com Brain Fitness 2010 Innovation awards. In her forty eight years of teaching, she has designed and implemented wellness classes in community college, university, and hospital settings, including prenatal and postpartum exercise and education, employee fitness, and the effects of exercise and nutrition on health. Her background in physical education and its role in maintaining cognitive health formed the perfect marriage between her background and passion for health and wellness.

Teri received a Bachelor of Fine Arts from the Art Institute of Chicago and a Masters of Science in Physical Education from the University of Illinois where her coursework included The Biology of Aging, Physical Activity for the Elderly, and Analysis and Study of Problems of the Aging. Ongoing training has included Understanding the Brain, Biology of Behavior, Sensory Perception and Aging, Sharp Brains Virtual Summit Technologies for Cognitive Health and Performance, and Brain Fitness after Thirty.

Teri began teaching in Chicago in 1975. She has taught infants through college students. Her students came from many backgrounds and included able-bodied people as well as persons with physical disabilities, developmental disabilities, and mental illness. She has enjoyed the challenge of creating a community where there is a place for each person.