

Tamara Wrenn, MA

PROFESSIONAL CERTIFICATIONS

Maternal and Child Health

- Certified Birth and Postpartum Doula, December 2011
- Certified Infant Massage Teacher, January 2009
- La Leche League Trained Breastfeeding Peer Counselor Program Administrator, May 2006
- Strollercize Postpartum Fitness, 2006
- Healthy Moms® Perinatal Fitness Instructor, 2005
- Certified Childbirth Educator, January 2001

Wellness and Physical Activity

- Licensed Zumba® Instructor ~ Basic (5/2008), Toning (7/2010), Zumbatomic® (9/2010)
- Wellcoaches© Certified Wellness Coach, February 2010
- Group Fitness Instructor, Aerobics and Fitness Association of American, current
- American Heart Association CPR/AED, current

PROFESSIONAL SERVICE

Board Membership

- Foundation for the Advancement of Midwifery ~ Board Member
- Childbirth Education Association of Metropolitan NY ~ Board President

Consulting

- Besad Midwifery
- Midwives and Mother's in Action Campaign (MAMA)
- Maternal Infant Services Network of Orange, Sullivan and Ulster Counties
- Health Resources and Services Administration
- Lower Hudson Valley Perinatal Network
- Practice Matters Consulting Firm

Affiliations

- National Society for Physical Activity Practitioners in Public Health
- Wellcoaches©
- Birth Arts International
- Orange County Doula Group
- Women's Way Doula Group
- Delta Sigma Theta Sorority, Inc