



## Sarah Stark, BScN

The newest addition to our Sexual Health team, Sarah is thrilled to be able to bring her career as a nurse and experience as a parent of three to the Body Science classroom. Sarah received her Bachelors of Science in Nursing in 2007, then went on to work for many years at Women's Hospital (High Risk Antepartum specialty) and establish a business teaching newborn care courses. A graduate of the Sexual Health Educators Certification program through Opt, Sarah is excited and passionate about this important work. Her contagious positivity and friendly smile bring light-hearted warmth to all her classes, and she looks forward to creating an inclusive environment in every group she meets. Sarah is a bilingual in French and English and will soon be delivering Body Science classes in both official languages. When she's not teaching, Sarah spends most of her time hiking and biking the North Shore trails with her family and friends.

*Smart decisions start here.*

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