



Sarah Stark, BScN

Our representative in the Okanagan, 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 Bachelor 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. When she's not teaching, Sarah spends most of her time hiking and biking in the trails with her family and friends.

Smart decisions start here.

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