

## Stephanie Kalb

Stephanie Kalb works as a Medical Research Scientist in the Medical Organization at Biogen. She earned her PhD in Anatomy and Neurobiology from Boston University School of Medicine. Prior to that she earned her MA in Pathobiology from Brown Medical School and her BA in Neuroscience from Smith College. For her doctoral work, she studied the molecular underpinnings of Alzheimer's Disease at the Genetics and Aging Research Unit at Massachusetts General Hospital under the guidance of Rudy Tanzi, world-renowned Alzheimer's geneticist. She then went on to postdoc at the Center for Computational and Integrative Biology at MGH before joining industry.

In addition to her research career, Stephanie has 12+ years of experience in yoga and meditation. She co-facilitated a Mindful Caregiver Support Group that focused on teaching coping mechanisms through meditation to those dealing with Alzheimer's disease and other dementias. She completed her 200-hour yoga teacher certification at South Boston Yoga and taught regular yoga classes at CrossFit Southie.

Stephanie currently serves as Athlete Advisor for HBA's Fit to Lead New England program. As a participant of Fit to Lead in 2017, she finished her first Olympic-distance triathlon last July and applied lessons learned through training to leadership skills in the workplace as she navigated a new role.