

TRACY LAMARCHE, MS, CHES
HEALTH SCIENTIST AND CERTIFIED HEALTH EDUCATOR

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107 Sevan Lane
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EDUCATION

MS	Clemson University, Applied Health Research and Evaluation	Dec 2022
MS	University of Florida, Health Education	May 2020
BS	Worcester State University, Health Education Magna Cum Laude	Dec 2017

LICENSURE, CERTIFICATION, & CREDENTIALS

Master Trainer, A Matter of Balance
Certified Health Education Specialist (CHES): #34688
Certified Personal Trainer: National Academy of Sports Medicine
Certified Adaptive Inclusive Trainer: Adaptive Training Academy
Certified Schwinn Cycle Instructor
Certified Life Coach, IAP

CONFERENCE PRESENTATIONS (AS TRACY GARIEPY)

LaMarche, T (2023) Older adult perceptions and beliefs about fall prevention. *National Council on Aging*, Washington D.C. Workshop/presentation.

Gariepy, T. (2022). How to best educate older adults about fall risk and prevention: findings from developing online fall prevention tools. *Centers for Disease Control STEADI Reverse Site Visit*, Atlanta, GA. Oral presentation.

Gariepy, T.; Bergen, G. (2022). Using Evaluation to Develop an Interactive Older Adult Fall Risk Screening Tool. *Centers for Disease Control Evaluation Day*, Atlanta, GA. Oral Presentation.

Gariepy, T.; Kemper, K. (2022). Empowering Communities to Reduce the Risk of Falls in Rural, Older South Carolinians. *South Carolina Public Health Association Annual Conference*, Myrtle Beach, SC. Poster Presentation.

Gariepy, T. (2019). Your feet, your foundation. *Presentation at the 2019 OPTIMA Conference*, Chandler, AZ. Workshop presentation.

PUBLICATIONS (AS TRACY GARIEPY)

Hudak, K., Adibah, N., Cutroneo, E., Liotta, M., Sanghera, A., **Weeks-Gariepy, T.**, Strunz, E., Rein, D., Older adults' knowledge and perception of fall risk and prevention: a scoping review, *Age and Ageing*, Volume 52, Issue 11, November 2023, afad220, <https://doi.org/10.1093/ageing/afad220>

Gao, Shi, Fu, Yang, **Weeks-Gariepy**, Mao. Mobile-delivered mindfulness intervention on anxiety level among college athletes: A randomized controlled trial, *Journal of Medical Internet Research*, 2024, PREPRINT., doi:10.2196/40406

TEACHING EXPERIENCE

Clemson University, Fall 2022

HLTH 4970 Fall Prevention Training and Research (Teaching Assistant)

HLTH 8210 Health Research (Guest Lecturer)

Clemson University, Spring 2021

HLTH 4970 Fall Prevention Training and Research (Teaching Assistant)

HLTH 8210 Health Research (Guest Lecturer)

University of Florida, 2020

HSC 4713 Planning, Implementing, and Evaluating Health Programs (supervised teaching)

PROFESSIONAL EXPERIENCE

Prisma Health, Greenville, SC

2024 - Present

Wellness Program Manager – Upstate

Responsible for coordination and design of Prisma Health’s employee wellness programming to support employee’s in the domains of physical, emotional and financial health as well as workplace harmony. Coordinate with internal and external vendors, respond to departmental needs and health priorities. Collaborate on cross-functional teams to develop effective and efficient mechanisms to improve health outcomes.

CDC Foundation, Atlanta, GA

2022 – 2024

Project Manager: Injury Prevention Program

Provide subject matter expertise and technical advice on older adult public health, specializing in older adult falls and fall injuries. Research and synthesize literature and other health information to inform project activities. Lead formative and summative evaluations of public health programs and health communications. Lead content development and editing of manuscripts for scientific publication. Prepare and deliver written project reports. Present findings at industry conferences and national meetings.

Clemson University, Clemson, SC

2021 – 2022

Project Manager: Falls Prevention Program

Lead an ACL grant-funded Fall Prevention project to reduce fall risk in rural, older South Carolinians. Project management includes leading evidence-based fall prevention programs as a Master Trainer, recruiting, training, and mentoring lay leader coaches, developing partnerships with agency partners and stakeholders, and overseeing the development and delivery of oral and written project communications. Collaborate with healthcare and higher education institutions to collect data and report on best practices.

YMCA, Easley and Powdersville SC

2020 – Present

Cycle Instructor and Personal Trainer

Develop and lead in-person 1:1 and group training sessions for strength, balance, functional fitness, and aerobic endurance. Conduct initial fitness assessments and onboarding, engage with members on the fitness floor, act as an advocate for YMCA programs and offerings.

Vibram Corporation, Boston MA 2012 – 2020

Health and Wellness Advisor / Southeast Territory Sales

Responsible for designing and implementing brand-specific and wellness-specific educational programming for consumers, retailers, and employees. Represent the brand through onsite activation and speaking engagements at regional and national fitness conferences. Develop content and participate in message testing for health communications including social media, website, and other written materials.

As territory sales executive: responsible for all sales and marketing efforts in the Southeastern United States for years 2016 – 2019. Doubled the territory's year over year sales budget in 2016 and achieved continuous growth for the remainder of tenure, rising to the #1 territory in sales in 2017 and 2018.

Skechers USA, New York NY 2010 – 2012

East Coast Fitness Manager

Oversee product and sales training for all associates in stores on the east coast and the U.K., consisting of over 100 stores. Train managers at the store and district level on product knowledge and sales practices. Develop and publish all written training materials for product launches.

Jazzercise, Inc., Webster, MA 2007 – 2012

Owner/Franchisee

Sole proprietor/owner of a group fitness and personal training franchise. Market and promote fitness programs to the community, develop and deliver group and personal training sessions, manage all administrative functions of owning a small business.

MEMBERSHIP AND SERVICE IN PROFESSIONAL SOCIETIES

American Public Health Association (abstract reviewer)	2023
South Carolina Public Health Association	2022 – Present
South Carolina Alliance for Health, PE, Recreation, and Dance	2020 – Present
Society for Public Health Education	2019 – Present

COMMUNITY SERVICE

Senior Solutions

Volunteer Program Facilitator, Seneca SC 2021 - 2022

Rock Hill Striders

Club Secretary and Club Coach, Rock Hill SC, 2016 - 2018

Fort Mill Fast Feet

Fitness Consultant, Fort Mill SC 2019 - 2021