



Monica Gerda, MS is an instructor in the Health Promotion and Physical Education Department. She is originally from Western NY and moved to the metro-Atlanta area in 2003. Monica received her Bachelor of Science in Physical Education and Athletic Training from Southern Illinois University and her Master of Science in

Health Sciences from James Madison University. She spent three years teaching high school health and sports medicine and worked for over seven years at *Team In Training*, an endurance training, fundraising program for the Leukemia & Lymphoma Society. Monica is married to Joe Gerda and has a five year old son, Jensen, a three year old daughter, Keaton and a chocolate lab, Bailey. She enjoys spending time with her family and friends and being active outdoors.