

TANA BEVERWYK-ABOUDA

Health Educator & Executive Director

PROFILE

Born and raised in Española, I grew up at Jemez House, a home for juvenile delinquents, where my father was Director. I lived outside of New Mexico and around the world and USA for 20 years before settling again in my beautiful hometown. I am passionate about a holistic vision of community health and have worked in the field of public health for 33 years. I have been married to Dr. Kamel Abouda for 23 years and have two sons, Malik (22) & Elias (19).

CONTACT

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HOBBIES

Gardening
Traveling
Cooking
Raising chickens
Reading
Fitness

EDUCATION

Purdue University 1999 – 2001

MA in Cross-Cultural Public Health Communication

Michigan State University 1990 - 1994

BA in Communications

WORK EXPERIENCE

Bridge to Health NM, Founding Director, 2021- present

Founded nonprofit organization dedicated to helping people and communities overcome barriers to exercise and positive health behavior change. Exercise is Medicine certified, grant writing and managing, staff management, health promotion, community health promotion, and fitness instruction & coaching.

University of New Mexico, Adjunct Faculty, 2021- 2023

Co-facilitator of the Community Health Worker Certificate Course at UNM Taos.

University of New Mexico Health Sciences Center, 2021-present

Partner HERO (Health Extension Resource Officer) for Rio Arriba County.

El Centro Family Health, Director of Health Education, 2006 – 2017

Wrote and managed grants to staff Community Health Workers and provided health education to patients and staff regarding behavior change around diet, health and lifestyle in 23 community - based medical clinics throughout Northern New Mexico.

NMDOH Youth Violence Prevention Coordinator 2001 – 2003

Coordinated federal, state and CDC grants for youth injury prevention. Managed contracts with independent non-profit organizations.

United States Peace Corps HIV/AIDS Educator Malawi 1995 – 1998

Partnered with local Malawians to facilitate HIV/AIDS prevention and care campaigns in a large rural district. Orphan care, peer education, coalition building, outreach training, and maternal-child health all funded through local and international grants.