

Myka Washington was born and raised in Philadelphia, Pa and was educated in the Philadelphia School District. She accepted Christ at an early age growing up in a Christ centered family which was grounded in faith. She attended Hampton University, where she earned a Bachelor's Degree in English Arts. She furthered her education and holds two master's degrees in Elementary Education and School Leadership from Arcadia University and Rowan University. She has been an elementary school teacher for 22 years, having taught 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> grade. Myka enjoys all things creative like sewing, scrapbooking, decorating, and baking. Her recent passion and focus has been in the area of health and wellness. After many years of battling weight and self-image, Myka has found a passion for exercise and movement. She is a licensed Zumba instructor and has a desire to share her passion for health, wellness, and self acceptance with others. Myka believes that her journey and personal testimony of overcoming is designed to empower someone else.