



Student Catalog Addendum

This catalog addendum updates and replaces the Faculty and Staff section and adds the following information to the Academic Calendars in the 2024 Student Catalog.

Academic Calendar – Modular Programs and Vocational Nursing

This addendum updates the Academic Calendars with the following 2025 start and graduation date information:

Allied Health (4 week module)	
Start Date	Graduation Date
1/6/2025	9/12/2025
2/3/2025	10/10/2025
3/3/2025	11/7/2025
3/31/2025	12/5/2025
4/28/2025	1/16/2026
5/26/2025	2/13/2026
6/23/2025	3/13/2026
7/21/2025	4/10/2026
8/18/2025	5/8/2026
9/15/2025	6/5/2026
10/13/2025	7/3/2026
11/10/2025	7/31/2026
12/8/2025	8/28/2026

Electrical Technician (6 week module)	
Start Date	Graduation Date
1/27/2025	10/2/2025
3/10/2025	11/13/2025
4/21/2025	1/8/2026
6/2/2025	2/19/2026
7/14/2025	4/2/2026
8/25/2025	5/14/2026
10/6/2025	6/25/2026
11/17/2025	8/6/2026

HVAC (6 week module)	
Start Date	Graduation Date
1/6/2025	10/23/2025
2/17/2025	12/4/2025
3/31/2025	1/29/2026
5/12/2025	3/12/2026
6/23/2025	4/23/2026
8/4/2025	6/4/2026
9/15/2025	7/16/2026
10/27/2025	8/27/2026
12/8/2025	10/8/2026

Personal Fitness Trainer (4 week module)	
Start Date	Graduation Date
1/6/2025	10/9/2025
2/3/2025	11/6/2025
3/3/2025	12/4/2025
3/31/2025	1/15/2026
4/28/2025	2/12/2026
5/26/2025	3/12/2026
6/23/2025	4/9/2026
7/21/2025	5/7/2026
8/18/2025	6/4/2026
9/15/2025	7/2/2026
10/13/2025	7/30/2026
11/10/2025	8/27/2026
12/8/2025	9/24/2026

Vocational Nursing (10-Week Terms)	
Term Start Date	Term End Date
1/20/2025	3/28/2025
3/31/2025	6/6/2025
6/9/2025	8/15/2025
8/18/2025	10/24/2025
10/27/2025	1/16/2026

Dental Assisting (4-Week Modules)	
Start Date	Graduation Date
1/6/2025	11/28/2025
2/3/2025	1/9/2026
3/3/2025	2/6/2026
3/31/2025	3/6/2026
4/28/2025	4/3/2026
5/26/2025	5/1/2026
6/23/2025	5/29/2026
7/21/2025	6/26/2026
8/18/2025	7/24/2026
9/15/2025	8/21/2026
10/13/2025	9/18/2026
11/10/2025	10/16/2026
12/8/2025	11/13/2026

Faculty and Staff

This addendum updates and replaces the following information in the Faculty and Staff section:

Faculty and Staff

JoAnn Q. Navarro	Campus Director
Rose Hernandez	Director of Education
Andrew Cardenas	Director of Financial Aid
Polly-Anna Blake-Boyd	Director of Nursing
Debra Garcia	Director of Career Services
Juan Laffaye	Director of Admissions
Judith Melecio	Campus Controller
Alex Valdez	Tech Tier Level 3
Yolanda Lopez	Sr. Financial Aid Officer
Linda Parker	Financial Aid Officer
Gabriella Segura	Financial Aid Interim
Dan Martick	Registrar
Thelma Trevino	Part-time Receptionist
Christina Gamboa	Full-time Receptionist
Cheryl Soriano	Placement Coordinator
Jessica Garcia	Placement Coordinator
David Reyes	Externship Coordinator
Julian Carranza	Cloud Computing & Cybersecurity Adjunct Instructor
Dr. Andrea Diacono	Cloud Computing & Cybersecurity General Ed Instructor
Marcus Lopez	Cloud Computing & Cybersecurity Lab Assistant
Ahmad Mohamed	Cloud Computing & Cybersecurity Adjunct Instructor
Frances Flores	Vocational Nursing Adjunct Instructor
Amanda French	Vocational Nursing Adjunct Instructor
Brandy McGraw	Adjunct Vocational Nursing Instructor
Stacey Ostorga	Administrative Assistant to Director of Nursing
Miguel Rico	Adjunct Medical Terminology Instructor
Stephen Riddlebarger	Vocational Nursing Clinical Instructor
Adriene Salazar	Vocational Nursing Instructor
John Williams	Vocational Nursing Instructor
Alyssamarie Grimaldo	Allied Health Program Chair/Instructor
Kejin Dorsett	Allied Health Lead Instructor
Maria Galbraith	Allied Health Adjunct Instructor
Matthew Hernandez	Allied Health Part-time Instructor
Robbie Trevino	Allied Health Adjunct Instructor
Bianca Villarreal	Allied Health Adjunct Instructor
Sandra Walsh	Allied Health Part-time Instructor
Anna Maria Zapata	Allied Health Adjunct Instructor
Yazmin Tellier	Dental Assisting Instructor
Richard Gamboa	Electrical Program Chair/Instructor
Alberto Jimenez	Electrical Instructor
Jacob Gallardo	Electrical Adjunct Instructor
James Hubbard	Electrical Instructor
Joseph Ibarra-Leach	Electrical Lab Assistant
Timothy Leader	Electrical Adjunct Instructor
Matthew McGruder	Electrical Adjunct Instructor
Michael O'Bar	Electrical Part-time Instructor
Natalie Soto	Electrical Lab Assistant
Michael Smith	Electrical/HVAC Lab Assistant
Jesse Rodriguez	HVAC-R Program Chair/Instructor
Martin Brewer	HVAC-R Adjunct Instructor
Christopher Jaramillo	HVAC-R Adjunct Instructor
Jack Overman	HVAC-R Adjunct Instructor
Jose Ramirez	HVAC-R Instructor
James Sedillo	HVAC-R Adjunct Instructor
Kylynn Simpkins	HVAC-R Instructor
Michael Sullivan	HVAC-R Instructor
Timothy Takacs	HVAC-R Adjunct Instructor
Patrick Watson	HVAC-R Adjunct Instructor
Makenan Mitchell	Personal Fitness Trainer Program Chair/Instructor

Juan Valdez-Cavazos
Yvonne Carrasco
Kaitlyn Canales
Diana Eberiga
Aurora Molina
Viviana Trevino
Alma Willis

Personal Fitness Adjunct Instructor
Admissions Representative
Admissions Representative
Admissions Representative
Admissions Representative
Admissions Representative

You may contact staff at: (210) 520-1800 or 5819 N.W. Loop 410, Suite 160, San Antonio, TX 78238

EDUCATION DEPARTMENT

JoAnn Q. Navarro, Campus Director

Ms. Navarro has been the Campus Director of Lamson Institute for over five years. She holds a Bachelor's Degree in Education with a minor in Business Administration from Wayland Baptist University. Ms. Navarro has over 28 years of experience in education, with roles in admissions, campus and regional administration, and campus leadership. Her previous positions include Regional Director of Admission for Concord Career College and Campus President at the Everest Institute in San Antonio, TX.

Rose Hernandez, Director of Education

Ms. Hernandez has a master's degree in education, and a bachelor's degree in liberal arts. Her career in adult vocational education spans a period of over 35 years serving in the following capacities: Instructor, Placement Director, Director of Education, Campus President, V.P. Operations, and Chief Operations Officer for various school organizations. Ms. Hernandez' volunteer work includes Leadership Development for Boy Scouts of America, Religious Education Instructor, and she has served as Team Lead in multiple school accreditation visits.

Polly Anna Blake-Boyd, Director of Nursing

Ms. Polly Anna Blake-Boyd has a Master of Science degree in nursing, a Bachelor of Sciences in Nursing and is certified in Operating Room Techniques, Advanced Cardiovascular Life Support, Basic Life Support, and NIHSS Certification. Ms. Blake-Boyd has been a nurse for several years. Ms. Blake-Boyd has several years' experience working as a preceptor training student nurses. As the director of nursing works with students during clinical rotations and collaborates with Nursing managers to organize and ensure students have effective learning experiences. She provides supervision and effective leadership to unite and guide nursing students towards achieving patient care goals.

Frances Flores, Vocational Nursing Adjunct Instructor

Ms. Flores has 20 years of nursing experience; 8 years as a Licensed Vocational Nurse and 12 years as a Registered Nurse and has worked as Nursing Faculty for the past 4 years. She has practiced nursing in different specialties in hospital settings, Post-Operative, Telemetry, Post-Partum, Med-Surgical, Wound Care. She has also worked as a Nursing Faculty member for the past 4 years. In 2001, Ms. Flores earned an LVN at Health Institute in San Antonio, Texas. She then continued her education at the University of Texas Health Science Center, earning a Bachelor of Science Degree in Nursing.

Amanda French, Vocational Nursing Instructor (Adjunct)

Ms. French is a 2005 graduate of Ozarka College in Melbourne, Arkansas, and a pending graduate of the MSN Nursing Informatics program at Western Governors University. Her clinical background consists of PCU/CVU/stepdown, pediatrics, and administration. Her two decades of bedside nursing uniquely prepared her to guide the next generation of nurses. Ms. French states she "has always enjoyed onboarding new nurses and orienting to them to new facilities, teaching has allowed [her] to take this passion to the next level. Her goal is to make student nurses superior providers of patient care and to mold them into the nurses that other nurses want to work alongside. On a more personal note, she is a mother, a wife, and a friend to all animals. On weekends she says she can be found browsing vintage stores or sampling my own tea blends.

Brandy McGraw, RN, Vocational Nursing Instructor

Ms. McGraw is a graduate from Grand Canyon University where she earned her BSN degree and graduated from Galen College of Nursing as an RN. She also graduated from St. Phillips College as a Vocational Nurse. Ms. McGraw is an excellent example to the Lamson Nursing students on how to establish a career nursing track. She is certified in ONS Basic Chemotherapy Administration, CMS CDC Infection Prevention, and CPR. Her nursing experience includes Director of Nursing, Infusion Nurse, Clinical Supervisor, Field Case Manager, Clinical Supervisor and Patient Care Manager.

Miguel Rico, Adjunct Medical Terminology Vocational Nursing Instructor

Mr. Rico holds a bachelor's degree from Southwest Texas State University. He joined in the United States Air force and retired in 1988. Mr. Rico has over 14 years I medical billing and coding, medical information management, health information technology and human resources. He has successfully taught his students over these many years and prepared his graduates to become successful in their new careers.

Stephen Riddlebarger, Vocational Nursing Clinical Instructor

Stephen Riddlebarger is a Registered Nurse with a degree from Texas A&M University. He graduated with a BSN in 1992. He also holds an associate degree in Surgical Technology. He worked in several positions for Santa Rosa Hospital including the Director of Telemetry, Dialysis, and a 24-hour observation unit. He also worked at University Hospital in many different roles. The main one was the coordination and transfer of Radiation Patients to Mays Cancer Center. He has also been an adjunct professor for several years teaching LVN students.

Adriene Salazar, Vocational Nursing Instructor

Mrs. Adriene Salazar has an associate degree in kinesiology and Instructor certification in CPR BLS. Mrs. Salazar has been a nurse for several years, and has experience in hospice, home health, pediatrics, obstetrics, geriatrics, medical surgical and Vocational nursing clinical instructor. As a clinical instructor, Mrs. Salazar demonstrates proper procedures on skills, observe and assess students' performance on skill sets, while maintaining patient and student safety and patient confidentiality, leads discussions on skills and disease process with nursing students.

John Williams, RN, Vocational Nursing Instructor

Before becoming an RN, Mr. Williams had over 20 years of experience as an LVN and worked in convalescent rehabilitation hospitals, mental health, home health and acute and primary care environments. He is well established in medication administration, treatments and administration of treatment procedures, and well-versed in all areas of immunizations, blood withdrawal, tracheotomy care, foley catheter insertion/removal and he is an experienced teacher and staff trainer.

Julian Carranza, Cloud Computing & Cybersecurity Adjunct Instructor

Julian Carranza has a BS in Information Technology. His current position is Senior Database Administration Manager. Julian has over 22 years of IT experience and has worked in Azure and AWS Cloud Services for the last 6 years. He has held multiple certifications throughout his IT career and brings over 15 years of educational experience in IT instruction.

Dr. Andrea Diacono, Cloud Computing & Cybersecurity General Education Instructor

Dr. Diacono has over 13 years of experience in Pediatric Physical Therapy and over 15 years of experience teaching in higher education. She has a Doctor of Physical Therapy (DPT), a BS in Sports Medicine/Athletic training, and a BS in Biology.

Ahmad Mohamed, Cloud Computing & Cybersecurity Adjunct Instructor

Ahmad Mohamed has over 10 years' experience in IT as a Network Administrator and Network Engineer. He has a Master of Science in Cybersecurity and Information Assurance from Western Governors University, Texas and Cisco Networking Certificate.

Alyssamarie Grimaldo, Allied Health Program Chair/Instructor

Ms. Grimaldo holds an Associate of Science in Medical Assisting, is a Certified Medical Assistant approved with NAHP (National Association for Health Professionals). Ms. Grimaldo has over 13 years' experience working in the health care field. Ms. Grimaldo has trained and has taught Medical Assistants and LAB/Phlebotomy and EKG. Ms. Grimaldo's experience includes working in the front and back office in various offices such as Psychiatric, ENT, and Family Practice.

Kejin Dorsett, Allied Health Lead Instructor, Lab Assistant/EKG Technician/Phlebotomist & Medical Assistant

Mr. Dorsett has over 35 years' experience working in the medical field. He proudly served in the U.S. Army as a Combat Medical/EMT21 years. He worked for the Federal Government and Department of Defense for 10 years where he taught and was the SME/EMT/Combat Medic and Electronic Health Records. He attended several school's courtesy the 9/11 G.I. Bill and is presently proudly employed as a Medical Assistant instructor with Lamson Institute for higher learning in San Antonio, TX.

Maria Galbraith, Allied Health Instructor (Adjunct)

Ms. Galbraith has been in the healthcare field for over 5 years working in various capacities. She was a lab instructor teaching lab/EKG/Phlebotomy student all aspects of phlebotomy, EKG and lab procedures. She has been

a Medical Assistant working both in Pediatrics and Family Practice where she worked in both the front and back office. Ms. Galbraith is a Certified Nurse Assistant, Certified Medical Assistant, Certified Patient Care Technician, Certified BLS Instructor with American Heart Association, and she is a Certified Test Proctor with NAHP.

Matthew Hernandez, Allied Health Instructor, Medical Assistant

Mr. Hernandez brings over 14 years of varied experience in healthcare to Lamson Institute students. At Cetero Research Mr. Hernandez performed phlebotomy procedures, prepared IV Kits, and performed bedside tests such as bleeding times and EKG's. At San Antonio State Hospital in addition to performing phlebotomy procedures he was also a Psychiatric Technician, and at the Mays Cancer Center Mr. Hernandez worked as a Pharmacokinetic Sampling Department Technician/Associate, where he was responsible for preparing, processing, and shipping human specimens, as specified by protocol for clinical trials.

Robbie Michelle Trevino, Allied Health Adjunct Instructor

Robbie Michelle Trevino is a Licensed vocational nurse with 14 and a half years' experience in the medical field. Specialized in Psychiatric care. Worked 3 years as a floor nurse with adolescents struggling with mental illness. The last 11 years she has worked as the employee health nurse for the same hospital. Now focused on employee health and vaccine administration.

Bianca Villarreal, Adjunct Instructor

Bianca Villarreal is a highly skilled Certified Medical Assistant (CMA) with over 10 years of experience in healthcare. Certified through the National Association for Health Professionals (NAHP), she has extensive expertise in clinical and administrative roles. Bianca excels as a surgical coordinator and is proficient in front desk operations and medical procedures, ensuring seamless patient care and office efficiency. Her dedication and comprehensive skill set make her an asset in any medical setting.

Sandra Walsh, Allied Health Instructor, approved to teach Medical Assistant and Lab/EKG/Phlebotomy

Mrs. Walsh holds an Associate of Science/Major in Nursing, is a Certified Medical Assistant approved in CPR/AED/First Aid Certified Instructor with American Heart Association. Ms. Walsh has over 35 years' experience working in the health care field. Ms. Walsh has taught Medical Assistants, Medical Administrative Assistants, and LAB/Phlebotomy and EKG and CPR for over 10 years.

Ana Marie Zapata, Adjunct Allied Health Instructor

Ms. Zapata has over 20 years of experience working in the medical field. In addition to being a CPR instructor, she has taught medical terminology, lab, billing & coding, Phlebotomy and EKG. She has also worked as an externship coordinator.

Yazmin Tellier, Dental Assistant Instructor

Yazmin Tellier is a highly accomplished dental surgeon with over 25 years of experience specializing in cosmetic dentistry, prosthetics, and dental implants. As the lead dentist at one of the largest and most prestigious dental offices in Mexico City, Yazmin has earned a stellar reputation for delivering exceptional patient care and transformative results. Her expertise extends beyond clinical excellence; she has been a dedicated mentor, guiding and inspiring the next generation of dental professionals. Throughout her career, Yazmin has been an active member of the Mexican Dental Association (ADM), where she has played a pivotal role in advancing dental care standards and aesthetic practices across Mexico. Her contributions to the field have earned her recognition as a leader and innovator in modern dentistry.

Richard Gamboa, Electrical Program Chair/Instructor

Mr. Gamboa brings over 43 years of experience in the electrical field. Mr. Gamboa is a TDLR licensed Master Electrician, a TDLR Continuing Education Instructor, and a Certified OSHA 10/30- 500 Trainer. He maintains knowledge of federal, state, and local electrical safety laws, rules ordinances, codes and regulations and has experience in residential, commercial and industrial wiring. Mr. Gamboa is also an owner/operator of his own Electrical company. He is a hands-on owner/contractor and brings that characteristic trait to his work as a Program Chair and as an instructor in the classroom.

Jacob Gallardo, Electrical Adjunct Instructor

Jacob Gallardo is a Journeyman Electrician and has worked in the Electrical field since 2005. He has performed general and basic electrical work in an industrial environment, reads blueprints, is experienced in installing, maintaining and repairing electrical wiring, equipment and fixtures. He has worked installing energy conservation devices on central air conditioning units and water heaters. He is experienced running conduit, wire, and terminating devices for hospitals.

James Hubbard, Electrical Instructor

James Hubbard brings 20 years of experience in the electrical field. He is qualified to teach any part of the electrical program. His vast 20-year field experience includes being foreman at various hospitals' major additions, and Lead Man at various high schools.

Joseph Ibarra-Leach, Electrical Lab Assistant

Mr. Ibarra-Leach is a graduate from Lamson Institute's Electrical Program. He was inspired to join the trade while working as a general contractor. In November of 2022, he was invited to be a part of the 5-year South Texas J.A.T.C. Apprenticeship Program and took a position with Big State Electric, one of the largest and premier Union-affiliated companies in Texas. He looks forward to years of honing his skills, becoming a great electrician, and sharing his knowledge with future electricians.

Timothy Leader, Electrical Technician Adjunct Instructor

Mr. Leader holds an Associate degree in Business Administration/Accounting and a diploma from the Union Electrical Trade School. He has 30 years' experience in the trade in industrial and commercial projects. Mr. Leader chose to become an instructor to share his knowledge with the next generation of electricians.

Alberto Jimenez (AJ), Lead Electrical Technician Instructor

Alberto Jimenez assists instructors in the lab. He has 4 years' experience working in the Electrical field for 4 years and is a proud Lamson Institute alumnus. His experience includes Residential electrical work with Turney Lighting & Electric, 4 years as a Superintendent for Stallion Oilfield Services where he oversaw, scheduled, and dispatched maintenance work for drivers, conducted training and regular safety meetings. He also worked with Nuverra Environmental Solutions as a Field and Disposal Supervisor supervising saltwater disposal and CDL drivers and conducted preventive maintenance on electrical equipment.

Michael O'Bar, Electrical Technician Adjunct Instructor

Mr. O'Bar comes to Lamson with 40+ years of experience in the field. During his career, he acquired a Journeyman License, EPA license and several other certifications in the operation of heavy equipment. He is dedicated to helping shape career paths for new electricians in the field.

Matthew McGruder, Electrical Instructor

Matthew McGruder has an extensive background in the solar energy and electrical sectors. His expertise encompasses a comprehensive range of skills from solar panel installations, electrical engineering to high-level project and branch management. He is proficient in leading high-performing teams and managing complex solar projects. Mr. McGruder is qualified to teach all of the courses in the Electrical Technician program.

Jesse Rodriguez, HVAC-R Program Chair/ Instructor

Mr. Rodriguez is a military veteran and HVAC professional with over 27 years' experience in project management, leadership, operations management, and training & development. He brings a wealth of knowledge and experience to Lamson Institute.

Martin Brewer, HVAC Instructor

Prior to joining Lamson Institute as an HVAC Instructor in September 2021, Mr. Brewer was the HVAC Lead Technician for Maintenance Engineers overseeing installations, service repairs, and preventive maintenance for residential and light commercial HVAC systems. He was also a Locksmith Technician and unlocked customer homes, vehicles business locations and rekeyed locks to different configurations. Mr. Brewer also worked as a telecommunications Technician installing Spectrum and DIRECTV residential cable/satellite television and highspeed internet systems.

Christopher Jaramillo, HVAC-R Adjunct Instructor

Christopher Jaramillo earned a Bachelor of Science degree in Professional Aeronautics from Embry-Riddle Aeronautical University. Mr. Jaramillo's experience includes working as a mechanic estimator, quality inspector contracts and pricing with the Boeing Company, Quality Assurance Inspector with the Department of Defense-DCMA, and as an HVAC Technician with USAF.

Jack Overman, HVAC-R Adjunct Instructor

Mr. Overman has over 10 years of experience working in the HVAC-R industry. He holds a contractor's license with TDLR and is owner and president of Service First Air Conditioning and Heating, a 24-hour emergency AC repair company in San Antonio.

Jose Ramirez, HVAC-R Instructor

Mr. Ramirez has an Associate of Applied Science (A.A.S.) degree in Refrigeration Technology. Mr. Ramirez has been in the HVAC field for over 15 years, specializing in Commercial Heating Ventilation, Air Conditioning and Refrigeration. He is presently a Contractor/Service Technician as well as an HVAC-R Instructor for Lamson Institute.

James Sedillo, HVAC-R Instructor

Mr. Sedillo has over 15 years of experience working for many large companies and sub-contracting in the HVAC-R field. He earned an AAS degree in Heating Ventilation Air Conditioning and Refrigeration from St. Philips College in San Antonio and holds the following HVAC certifications believes his passion for teaching was inherited from his father who was a high school teacher and a college professor teaching HVAC-R. Mr. Sedillo is a retired veteran who proudly served 4 years with the US Marine Corps and 9 years with the US Army before receiving his honorable discharge.

- Universal EPA (12 years),
- TDLR Certified Technician (11 years),
- Certified Master Educator – Heat Pumps through Esco Institute HVAC Excellence

Kylynn Simpkins, HVAC-R Instructor

Kylyn Simpkins has over 9 years of experience working in the HVAC field. He has a proven history in managing residential, commercial and industrial fields. He is adept at testing and inspecting systems to isolate faults and implement repair plans. His passion for problem-solving and making a tangible difference in people's lives has been the cornerstone of his career. Kylynn is not only a skilled technician but also a natural teacher who enjoys sharing his knowledge and empowering others to succeed in the HVAC field.

Michael Sullivan, HVAC Part-time Instructor

Mr. Sullivan has served in the HVAC industry since 1993. He also comes to Lamson Institute with previous teaching experience. He is well versed in the entire Lamson HVAC program and can teach the early beginners to the senior HVAC students.

Tim Takacs, HVAC Adjunct Instructor

Mr. Takacs has an extensive work history in the HVAC industry and in teaching. He has worked for many reputable companies in the HVAC industry and made significant contributions to their success. Mr. Takas also served our country as an Air Force airman. He has a wealth of knowledge that he wishes to share with all future HVAC technicians.

Patrick Watson, HVAC Adjunct instructor

Mr. Watson has been a heating and air conditioning contractor for over 30 years in the San Antonio area. He successfully grew a thriving business providing services to both residential and commercial customers and now shares his knowledge with Lamson Institute students.

MaKenan Mitchell, Personal Fitness Trainer Program Chair/Instructor

Mr. Mitchell brings a wealth of knowledge to the PFT program, with almost 10 years of professional fitness and health experience. Prior to joining Lamson, Mr. Mitchell was a youth fitness instructor for various community organizations around San Antonio. Following this period, he went on to serve as a United States Marine for 6 years, acting in various fitness roles to include administration and personnel management. Within this time frame, he gathered several certifications, most notably his National Academy of Sports Medicine (NASM), Certified Personal Trainer (CPT), and Certified Nutrition Coach (CNC) certifications.

Juan Francisco Valdes Cavazos

Juan Francisco Valdes Cavazos received a bachelor's degree in clinical nutrition from the Universidad Autonoma del Noreste in Mexico. He has 9 years of experience coaching and helping people acquire and maintain a healthy lifestyle. He is certified in advanced functional training, physical medicine, obesity and diabetes treatment specialty, he is a personal trainer & natural body building, biomechanics expert.