



# JAYNE WILLIAMS

PRACTICE MANAGER

## BACKGROUND

Jayne is a Colorado native and with a background in medical librarianship and health IT. It was during grad school she discovered a passion for entrepreneurship and co-founded a health IT start-up. She is fairly new to the fitness space, having only discovered functional fitness and weightlifting in 2018. Since then, she has been focused on growing her knowledge and bringing her skillset to the health and wellness field.

## EDUCATION

Jayne received her BA in English at the University of Colorado-Boulder, and an MA in Library and Information Science at University of Missouri-Columbia.

## WHY ARE YOU PART OF THE WASH PARK CHIRO TEAM?

Although Jayne always took a proactive approach to her health, it's only been in the last few years that she became a fitness enthusiast. She is proud to be a part of a practice that focuses on evidence-based, non-invasive, techniques to heal and promote functional health.

## WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

Jayne is a fan of kettlebells, classic movies, and standup comedy. In the warmer months, she spends her weekends outdoors, either skydiving or hiking.