



I am a Certified Health Education Specialist (CHES®) passionate about helping people live healthy, authentic lives. With a background in journalism, I am eager to use my communication skillset to make the world a healthier place.

**Manya
Ronay**

www.meetmanya.com
manya.ronay@gmail.com
(972) 58-660-3274

Education

University of Florida, Master of Science in Health Education and Behavior

- » Graduated Spring 2022, 4.0 GPA – Certified Health Education Specialist (CHES®)

Rutgers University, Bachelor of Arts in Journalism and Media Studies

- » Graduated January 2019, *Summa Cum Laude*, 4.0 GPA

Notable Achievements

- » Published thesis on America's processed food culture and chronic disease, which received over 170,000 views and critical acclaim across the health community.
- » Appointed youngest member of the Hypoglycemia Support Foundation advisory board.
- » Inducted into Matthew Leydt Society, honoring the top two percent of Rutgers graduates.
- » President of 2018 Kappa Tau Alpha (Journalism Honor Society) cohort.
- » Recipient of 2018 Edward J. Mack Memorial Scholarship and 2017 Barry S. Kramer Endowed Scholarship in Journalism.

Experience

July 2022-present

Food Addiction Recovery Advocate (in training), Addiction Reset Community (ARC)

- » Support clients overcoming food addiction via video calls and messaging pods. We discuss emotional management, life skills, brain science and processed food.
- » Respond to clients using Motivational Interviewing (MI) and positive psychology.
- » Training under Dr. Joan Iffland, who wrote the textbook: *Processed Food Addiction*.

Sept. 2020-present

Social Media Manager, Hypoglycemia Support Foundation (HSF)

- » Manage the social media presence of multiple public health clients including Dr. Robert Lustig, an acclaimed pediatric endocrinologist who is fostering a global discussion about metabolic health and real food.
- » Curate and produce high-quality science and health content that reaches thousands of readers each day across numerous digital media channels.

Dec. 2018-May 2019

Communication Director, Rutgers University Hillel - Mesorah

- » Designed digital and print marketing materials in fast-paced work environment.
- » Promoted events via multiple channels while managing social media presence.
- » Coordinated special programming and drafted content for Hillel International.

March 2017-Sept. 2018

Journalist, Rutgers University School of Engineering

- » Reported on the university's latest science and technology developments, faculty research and student achievements across 11 engineering departments.
- » Published content on department websites and seasonal newsletters/magazines.

April 2017-May 2018

Layout Editor, Rutgers Journal of Bioethics

- » Formatted the journal's layout using Adobe InDesign alongside the design team.
- » Assisted the editorial board in curating and editing journal articles for publication.

June-Aug. 2016

June-Aug. 2015

Digital Marketing Intern, Berkshire Hathaway HomeServices Florida Network Realty

- » Designed marketing materials (e.g. advertisements, fliers, brochures), composed corporate press releases and drafted content for website redesign.
- » Headed the 2016 Backpack Challenge, which collected over 1,000 backpacks filled with school supplies for local underprivileged students.

Skills

- » Health Education/Promotion
- » Motivational Interviewing
- » Science & Health Writing
- » Social Media Management
- » AP Style/Copyediting
- » Graphic Design
- » Web Layout & Design
- » News/Feature Writing
- » Adobe InDesign
- » Adobe Photoshop
- » SPSS Statistics
- » CMS (Drupal, Wordpress)