

THE YOUNG PROFESSIONALS' BOARD

A Directory



OUR MISSION

The Young Professionals' Board (affectionately called YPB) is a dynamic group of individuals who are passionate about Fit4Kids' work and prioritizing kids' health and wellness in our schools and community for a brighter (and healthier) future. This group of young professionals supports the organization by raising awareness of Fit4Kids' work in the community and by planning several fundraisers throughout the year from happy hours to our signature fundraising event called Eat & Greet (held in the Fall).



LEIGH BUSBY

Whether it's hiking the Buttermilk trail, taking in live music at one of Richmond's many festivals, or checking out the South of James farmer's market, Leigh loves spending time outside.

As the Development Director for F4K, Leigh serves as the Staff Liaison to the YPB.

KIRKLAND HAGERTY

Growing up as an athlete, Kirkland's passion for health and wellness started at an early age. She joined YPB to ensure other kids can get the same exposure. When she's not running or weight training, Kirkland is tied up with her 2 kids! Kirkland serves as the YPB Chair.



JULIE RAJAPPA

Julie believes staying active is crucial to nourish her mind, body, and soul. As a community volunteer, Julie desires to help kids incorporate healthy eating and physical activity into their lives. In her spare time, Julie enjoys walking her dogs and listening to nature!

SARA POMEROY

As an Engagement Consultant at Cigna, Sarah brings her passion for kids' health and wellness to the YPB. She enjoys hiking, and her vegetable of choice is asparagus!



JACKIE TU

As a chief digital marketing specialist, Jackie brings a unique set of skills to the YPB to spread awareness about the work of F4K in Greater Richmond Community. She enjoys carrots and stays active by biking with her kids!

BERKELEY MARTIN

As a physiatrist, the mission of F4K directly aligns with Berkeley's personal interests. She enjoys swimming and her veggie of choice is spinach. She has two fun little boys who keep her moving!



CHRIS MEREEN

Chris's passion to educate, empower and heal through nutrition and fitness is seen in his professional work at Massey Cancer Center and his community work on the YPB. He enjoys functional fitness, running, and yoga. His veggie of choice is broccoli!

AUDREY POLK

A zucchini lover, plant enthusiast, and avid runner, Audrey's passion for children's wellness brought her to the YPB. She serves as the VP of Business Development at Greater Richmond Partnership. For Audrey, joining the YPB was a no-brainer!



CJ MUSE

When CJ is not playing sports outside with his kids, he works as a Business Banker. He sought the YPB to support F4K's fun initiatives to keep kids healthy. His veggie of choice is beets!

DANYEL SMITH

Danyel sought the YPB because of her professional and personal commitment to increasing health equity in Richmond. When she is not cooking a new recipe or dancing, Danyel is a doctoral student at VCU.



ZACK LOPEZ

As a public health educator, Zack was drawn to the YPB based on a natural interest in childhood obesity prevention. Zack works as a P.R.E.P.

Director and enjoys playing soccer in his free time!

HARJIT BHOGAL

Harjit serves as a Gastroenterologist at Mitchell Endoscopy Center.



JACK LOWE

Jack serves as a
Relationships
Manager at
Heritage Wealth
Advisors.



MARY GRACE MILLER

When she's not chasing around her toddler or playing soccer, Mary Grace serves as an Attorney. Her belief in F4K's mission and desire to serve the Richmond community led her to the YPB. Her veggie of choice is carrots!



CLAIRE BUTLER

Claire serves as the event and program manager at the VA Capital Trail. Her desire to contribute to F4K's mission brought her to the YPB. She enjoys squash and running while exploring the Fan!



MARY CONWRIGHT

Mary works daily with children and families whom are trying to make healthier lifestyle changes, as a pediatric nurse practitioner. Her passion to "Make Healthy Fun" can be seen in her YPB involvement. She enjoys roasted brussel sprouts playing tennis and going for hikes!



LAURA CACCAVALE

As a pediatric health psychologist, Laura is passionate about promoting health and well-being in children and adolescents. Her favorite vegetable is string beans and she enjoys hiking!



COREY MILES

As a former Peace Corps volunteer, Corey's passion for public health started in Ecuador. Now he continues that work through F4K's YPB.

Corey is a PhD candidate at VCU, and loves to walk his dog in his spare time!



NAN PENA

Nan spends lots of time outside and can either be found at Bryan Park or in her backyard gardening on the weekends.

She empowers young women to be their best selves as the Game On, Girl! Coordinator at F4K. Nan serves as a staff liaison to the YPB!