

Sister Youanna, MD

Sister Youanna, M.D., is a graduate of the Faculty of Medicine, Alexandria University. She worked as psychiatrist and psychiatric consultant for the past twenty years. She is a credentialed member of the Egyptian Board of Psychiatry, Diploma of Clinical Psychiatry, Diploma of Neurology and Psychiatry, and Diploma of Hospital Management from the American University in Cairo. In 2007, she established the Christian Counseling Services for the Coptic Orthodox Churches in Alexandria, Egypt. In March 2015, Sister Youanna was ordained as a novice in the ministry of Saint Mary and St Phoebe Consecrated Sisters of the Coptic Orthodox Diocese of the Southern United States. She was assigned to serve Coptic communities in Nashville, Tennessee, where she established the St. Joseph Family Ministry and Guidance Institute. Sister Youanna has been a member of the Clerical Council for Family Affairs of America's District under the auspices of His Eminence Metropolitan Serapion since January 2015, which was established by His Holiness Pope Tawadros II.

Lieutenant Sandra Mathoslah, Pharm.D.

After graduating from Pharmacy school at Nova Southeastern University in 2012, Lieutenant **(LT)** Sandra Mathoslah became a Commissioned Corps Officer of the United States Public Health Service (USPHS). She is currently stationed at the Federal Medical Center **(FMC) Fort Worth, Texas with the Bureau of Prisons,** as a Senior Staff Pharmacist. She has been a pharmacist at **FMC Ft. Worth for four years.** Locally, she has implemented a 90-Day Wellness Program for the incarcerated to incorporate a more holistic approach to healthcare for her patient population. **LT** Mathoslah is also an instructor for a six-week diabetes education course in which she teaches inmates about their diabetes medications, how to prevent complications, and how changing their diets can positively impact their diabetes prognosis. **She was trained as a Diversity Management Instructor, teaching staff about different cultures, backgrounds and perspectives and how every individual should be treated with respect and dignity.** Additionally, she was deployed to Liberia for sixty days on the Monrovia Medical Unit Team One in October 2014 to serve on the response team for the Ebola outbreak in West Africa. She is passionate about spreading the joys of total health and wellness and hopes to continue sharing this message.