



Carrie Jarosinski, R.N., DNP, CWP, CNE

**Faculty
Mid-State Technical College
Stevens Point, Wisconsin**

Carrie Jarosinski completed her associate degree in nursing from Mid-State Technical College; her bachelor's degree in nursing from the University of Wisconsin–Oshkosh; her master's degree in nursing with an emphasis in education from Bellin College of Nursing in Green Bay, Wisconsin; and her doctor of nursing practice degree in systems leadership from Walden University. Carrie has worked as a nurse in long-term care, public health and jail health. Over the last two decades as an educator, she has taught in the Nursing Assistant Program, Gerontology, and most recently in the Emergency Services Management, University Transfer and the Health and Wellness Promotion programs. Carrie is a certified nurse educator through the National League for Nurses, a certified wellness practitioner through the National Wellness Institute, and a certified health coach and group fitness instructor through ACE. Carrie serves on many local and national committees and boards, including the Wood County Head Start program as board president, the Mid-State Technical College IRB and assessment committees, and the National Wellness Institute's Council on Wellness Certification Excellence. She is the author of a nursing assistant textbook series in addition to the wellness title *Reclaim Your Story: Renew Your Health and Wellness Through the Power of Storytelling* and the soon-to-be-published *Reclaim Your Resilience: Build Your Buoyancy and Renew Your Health and Wellness*. Carrie loves to hike, laugh, travel, smile, sing, garden, talk and snuggle with the two remaining "furry kids" of the household, Xena and Winn Dixie.