



Partner Spotlight



Elizabeth R. Paré, PhD

Monitoring and Communications Manager; Lecturer
Oakland University

Description of organization:

Oakland University is working in partnership with Healthy Pontiac, We Can! and Oakland County Health Division to help improve health opportunities in Pontiac.

Why did you join the Healthy Pontiac, We Can! coalition?

I joined through the CDC REACH grant and was drawn to working with the coalition because of its mission as a partner with the entire Pontiac community.

What's the biggest benefit of being a part of HPWC?

Being able to work with so many amazing community members and organizations. They are truly some of the nicest and most committed people I have ever worked with.

What are you most proud of in Pontiac?

Its resilient spirit!

Favorite healthy meal?

A big salad served with lemon, salt and peppered grilled fish. For my snack: carrots and hummus.

Favorite exercise?

Taking a walk with my family, relaxing (and laughing) with my kids during a yoga practice.

Three fun things about me:

1. I have 6 kids, ranging in ages 13 years to 18 months. It's always a party when we arrive!
2. The first major concert I saw on my own was the Grateful Dead.
3. I love political history and my entire family is obsessed with the musical Hamilton. The kids know almost all the lyrics. Once I finish the book, my oldest son is next in line to start reading it!

For more information about what Elizabeth does with Oakland University and the REACH grant: Email her at pare@oakland.edu

