



## GET TO KNOW YOUR THERAPIST

### RACHEL KIRK

Certified Occupational Therapy Assistant (COTA)

Rachel attended University of Texas at Austin and earned a B.S. in Kinesiology and Health in May 2015. She then attended St. Catherine University, earning an A.A.S. in Occupational Therapy in July of 2020.

Rachel's areas of specialty include pediatrics, general population outpatient care, and acute care. She has school-based experience as a middle school teacher and coach and personal trainer.

Rachel enjoys being outside and enjoying nature, whether it be kayaking, fishing, or camping with my husband and friends. She also loves staying active by doing CrossFit. Spending time with family and friends is always great too!

Her favorite quote is, *"No one can make you feel inferior without your consent."* - Eleanor Roosevelt