

Kelsey Graham

Kelsey Graham is an Assistant Professor in the Exercise Science Department at San Diego Mesa College and Director of their Personal Training Certificate Program. She received her Bachelor's of Science in Kinesiology from San Diego State University and her Master's in Health Behavior and Health Education from the University of Texas at Austin. Her love of movement lies in its ability to transcend physical health and improve mental and emotional wellbeing. You can reach her at www.kbgwellness.com