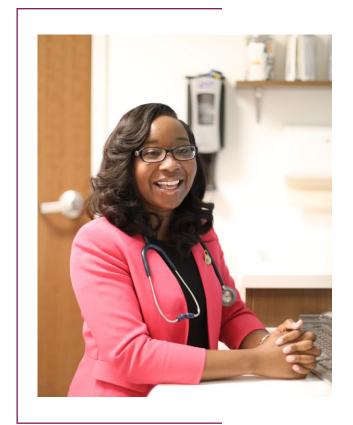




AS A MILLENNIAL, I'M A HEALTH ADVOCATE FOR MY GENERATION.

I'm able to share medical information in a digestible fashion and I recognize the power of media to deliver relevant and timely health messages beyond the clinic.

About





Dr. Jay-Sheree Allen is a Board-Certified
Family Medicine Physician and National Health
Service Corps Scholar currently practicing in an
underserved clinic and critical access hospital in
Central Minnesota. She completed her residency
training at the Mayo Clinic. While there, she was as
a member of the Mayo Clinic Alumni Association
Board of Directors and the President of the Mayo
Fellows Association. She graduated from Meharry
Medical College in Nashville Tennessee and was
the recipient of the Family Medicine Leadership
Award. She received her Bachelor's degree in
Psychology, Magna Cum Laude, from The City
College of the City University of New York where
she was a Colin Powell Fellow.

She founded Women of Excellence, Strength & Tenacity (WEST) an organization dedicated to empowering young women to live up to their highest potential. She continues to support philanthropic efforts in medicine, through volunteering locally and abroad.

She is committed to improving the health of our generation, both locally and globally, through the promotion and practice of primary care and preventative medicine. Recognizing the power of media, to deliver relevant and timely health messages outside of the confines of a limited clinic appointment, she has published numerous articles with ABC News in New York City as a Medical Journalism Intern and has recorded multiple episodes for CentraCare's Your Health podcast.

Dr. Jay-Sheree is Jamaican born and New York raised. She lives with her husband Dr. Joseph Akambase in Minnesota.

2019 **Board Member** of Center Clinic in Dodge Center, Minnesota and the American Academy of Family Physicians (AAFP) Foundation 2019 Served as a Medical Journalism Intern at ABC News in New York 2019 Dr. Jay-Sheree Allen is a **Board-Certified Family** Medicine Physician practicing in 2018 Central Minnesota Received the Mayo Clinic's prestigious Barbara Bush Award Completed residency training at the Mayo Clinic in Rochester, 2017-2018 Minnesota President of the Mayo Fellows Association, centering her efforts on the critical issue of physician burnout 2017 Volunteered as part of a global medical brigade at a rural primary care clinic in Esteli, Nicaragua 2015 Featured in book "Against All Odds", celebrating black women in medicine Raised funds to support an under-resourced St. Luke's Catholic Hospital, Apam, Ghana 2015 Graduated from Meharry Medical College in Nashville Tennessee and was the recipient of the Family Medicine Leadership Award 2011 Received Bachelor's degree in Psychology, Magna Cum Laude, from The City College of the City University of New York where she was a Colin Powell Fellow 2010-2011 Jumpstart Americorps Team Leader, New York, NY 2009 Taught aspiring young female scientists at Ministry of Education Girls Empowerment Science Camp Dar Es Salaam, Tanzania 2006 Founded Women of Excellence, Strength & Tenacity (WEST), a mentoring program for elementary school girls in Harlem, New York Began her undergraduate studies at New York University, as a Colin Powell Fellow

Media



I ultimately chose this field because
I wanted to be able to do the most
good for the most people. As a
family medicine physician, I'd be
able to do just that."







SPEAKING TOPICS

- Women's Health
- Primary Care and Preventative Medicine
- Leadership in Healthcare
- Health Disparities in Underserved Communities
- Women and Minorities in Medicine

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