



# AFAF QASEM

DIRECTOR OF HEALTH  
PROMOTION, TALLAHASSEE  
MEMORIAL HEALTHCARE

Afaf Qasem received her bachelor's degree in dietetics, her master's degree in Food and Nutrition Sciences and completed her dietetic internship with The Florida State University. In 2014, Afaf began working for Sodexo at Tallahassee Memorial HealthCare (TMH) as a clinical dietitian before switching to become the Community Wellness Dietitian. After 3 years, Afaf began working as the Director of Quality of Life Services for the Food and Nutrition department at TMH. She managed initiatives that improved the quality of life of patients, colleagues at TMH, and the Tallahassee community. In addition, Afaf was one of Sodexo's INclusion Ambassadors for her district and is currently a Diversity, Equity, and Inclusion council member at TMH. In 2022, Afaf took up her current position as the Director of Health Promotion. She manages the hospital's Community Health Needs Assessment to address health priorities identified by community members and stakeholders in underrepresented and under resourced areas.

Afaf is currently pursuing her Doctorate in Public Health from Florida A & M University. She is also involved in professional organizations and was the past president for the Panhandle Academy of Nutrition and Dietetics and past State Policy Representative for the Florida Academy of Nutrition and Dietetics. In addition, Afaf is a board member of organizations that help spread the importance of health and wellness in the Tallahassee Community and was the recipient of the 2019 Young Dietitian of the Year award. She is passionate about addressing the social determinant of health in vulnerable populations, holistic approaches to chronic disease prevention and management, cultural humility, and mentorship.



# CHRISTINE MORSE

FITNESS COORDINATOR,  
CERTIFIED PERSONAL  
TRAINER, ACSM  
PREMIER HEALTH & FITNESS  
CENTER

Christine Morse is the Fitness Coordinator at Premier Health and Fitness Center, an affiliate of Tallahassee Memorial HealthCare (TMH). She is a Certified Personal Trainer with the American College of Sports Medicine (ACSM), and has bachelor's degrees in Exercise Science and Psychology from Florida State University and a master's degree in Exercise Science with an emphasis in Corporate Wellness from Utah State University.

Christine represents Premier at community events, and is the Exercise Consultant for the TMH Metabolic Health Center where she helps patients begin exercise regimens to lose weight successfully. She has been teaching classes and holding one-on-one meetings with patients there since 2015.

Christine has been an active board member for Working Well, Inc., since 2019. Working Well, Inc., is a local non-profit organization dedicated to improving corporate, community and individual wellness. This board of directors is committed to helping Tallahassee become America's healthiest city in which to live, work, and play.

When not working, Christine enjoys exercising, reading, traveling, and spending time with family. She is a runner and novice triathlete. She has completed six full marathons, several triathlons and is currently training for her first Ironman 70.3.