

Women Who Lead Anthology Contributing Author

# Dr. Jarita Hagens

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## Family Practice Doctor, Author, and Speaker "MD Dreams"

**Jarita Hagens, M.D.**, is a board-certified family physician and author of "MD Dreams: Practical Advice for Every Stage from Pre Med to Residency and Beyond". She completed her undergraduate and medical education at Howard University in Washington, DC. Afterwards, she trained in a surgery internship at Carilion Roanoke Memorial Hospital in Roanoke, Virginia. Eastern Virginia Medical School/Portsmouth Family Medicine is where she received her Family Medicine training. She had the honor of being Intern of the Year and Chief Resident while training there. Operating a clinic for a battered women's shelter and providing medical care for a homeless shelter were two of her favorite projects.

After residency, she practiced in post-hurricane "Katrina" New Orleans and developed a love for cooking, gardening, and natural remedies. Since moving home, she has worked at medical offices in Washington, DC, as well as Baltimore and several other cities in Maryland. She is the founder of Zion Family Practice, LLC and offers video visits through rowedocs.com.

Dr. Hagens has had the pleasure of speaking about healthy eating, lifestyle changes and STD prevention in various schools and churches since 2005. College Preparation and Pathways to Medicine are her other most requested speaking topics. In 2015, she was chosen to speak at the Student National Medical Association Annual Medical Education Conference (SNMA AMEC) in New Orleans, Louisiana. She was a featured participant in "Creating Your Path to Medicine", "Physician Panel: A Day in the Life of a Physician" as well as the Mock Interview and Personal Statement Review workshop. Dr. Hagens is a member of the Pre-Professional Program Leadership Advisory Council at Morgan State University. She enjoys motivating and mentoring young people on college preparation and health careers.

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