

# Cindy Urick

## Vital Cycles Board Member



*Cindy lives in Birdsboro, PA with her husband and family. She enjoys spending time doing home renovations, cooking, swimming, and biking.*

*Why I am a part of the Vital Cycles Board*

*I feel a sense of meaning and purpose being affiliated with Vital Cycles because the principles align with my core values. I find the leadership of Vital Cycles to be supportive, nurturing, and comfortable.*

*What I like Most About Vital Cycles*

*I appreciate Vital Cycles as a peer-to-peer, supportive healing environment in which participants can feel a sense of safety and intimacy while learning and practicing new skills. When used as an adjunct to professional therapy, Vital Cycles can be a very powerful healing tool.*

### **Volunteer and Nonprofit Experience**

1980-Present	Miscellaneous volunteer work in support of church, school, and community.
2006-2008	Court Appointed Special Advocate (CASA)
2011-Present	Vital Cycles Board Member

### **Experience**

1982-1994	Dedicated mother to my five children (FT)
1994-1999	Admission Clerk, Reading Hospital & Medical Center (PT)
1999-Present	Procurement, Alvernia University (FT)
2007	Counseling Practicum, The Children's Home of Reading
2008-2009	Counseling Intern, Reading Hospital & Medical Center
2009-Present	BSC/MT, Youth Advocate Program (PT)

<b>Education</b>	1979	Mount Ida College, Newton, MA	(AS)
	1999	Albright College, Reading, PA	(BS)
	2009	Alvernia University, Reading, PA	(MA)

**Professional  
Affiliations**

Institute of Supply Management

National Association of Educational Procurement

Lehigh Valley Association of Independent Colleges

American Counseling Association