

BIO (Karen Wong)

Karen Wong is Panamanian native who has lived in Los Angeles, California for the past 19 years. The interest for healthy living, awakened in her a curiosity to learn more about foods varieties, benefits and properties. This curiosity took her to learn about different cultures and their cuisines and thru trial and error, she discovered a passion for cooking. Karen became a private cook and a caterer and worked in the field for 11 years. Her desire to learn about the benefits of healthy eating was only satisfied to a certain extent, so Karen decided to go to school and learn in more detail about the benefits of food and healthy living practices. Currently, she is enrolled as a third-year student at California State University, Northridge. Her major is in Nutrition and Dietetics. Presently, Karen is participating as a research assistant at Homme Lab, a research study interested in determining the differences in quantity and volume of expressed breast milk, by using augmented reality and non-augmented reality sessions. She is looking forward into obtaining a bachelors degree and continuing her education after graduation. Ideally, she would like to have a practice that will incorporate holistic modalities. Among her hobbies, Karen enjoys gardening, taking dance classes, experimenting in the kitchen and spending time with her friends.



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