



# YMCA of the East Bay PRESS RELEASE

## ANNOUNCING NEW BOARD CHAIR

**OAKLAND, JULY 13 – YMCA of the East Bay is pleased to announce that the Board of Directors elected Dr. Nailah Thompson as the new board chair.** Dr. Thompson, who is a Primary Care Physician and Director of Internal Medicine Residency Health Equity and Disparities Track at Kaiser Permanente, will serve for a two-year term effective July 1, 2020. She succeeds Jack Gardner, president & CEO of the John Stewart Company, who will continue to serve on the Board of Directors. The Board of Directors appreciates Jack's three years of service overseeing one of the largest YMCA mergers, resulting in the YMCA of the East Bay.

**"I am deeply honored to be elected as the new board chair and look forward to working with my colleagues to empower youth, advance health, and strengthen communities through the YMCA,"** said Dr. Thompson, who previously served as co-chair on the Oakland Y Board.

**"Dr. Thompson has a deep commitment to the YMCA's mission and priorities,"** said Fran Gallati, president & CEO of YMCA of the East Bay. **"She has been an exceptional leader, and her passion and work uniquely align with the Y's focus areas around public health, early childhood learning, and youth development."**

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### ABOUT DR. NAILAH THOMPSON



Along with being a Primary Care Physician, Dr. Thompson is the Program Director of the Internal Medicine Health Disparities and Health Equity track at the Kaiser Permanente Oakland Medical Center. Dr. Thompson started a Specialty Blood Pressure Clinic at the Oakland Medical Center dedicated to improving blood pressure control in our Black/African American community as well as addressing and eliminating the disparities that exist in hypertension control in this group.

Dr. Thompson received her B.A. degree in Biology with a minor in Chemistry from the University of San Diego in 1999. In 2004, she received her osteopathic medical degree from the University of Health Sciences in Kansas City, Missouri. Dr. Thompson completed a three-year Residency Program at the Alameda County Medical Center in Oakland, California in 2007. She completed her preventative medicine fellowship at NYCDOH, and her MPH at Columbia University. Dr. Thompson has been a Kaiser Permanente representative in NBA "Get Fit" events since 2013, where she and members of the Golden State Warriors Team teach school aged children about the importance of healthy eating and regular exercise.

### ABOUT YMCA

YMCA of the East Bay has been committed to its mission of empowering youth, advancing health and strengthening communities since 1879. Today, the YMCA serves over 90,000 kids, teens and adults in Alameda and Contra Costa Counties through our early childhood education, after school programs, and fitness branches.

### CONTACT

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