

## RESUME

**Carole M. LeRoy Registered Nurse: CEAP, CCM, COHN-S, BSM**

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E-mail [Carole@painfreequilting.com](mailto:Carole@painfreequilting.com)

[www.painfreequilting.com](http://www.painfreequilting.com)

[www.quiltingbb.com](http://www.quiltingbb.com)

### **Employment History (18 years Occupational Health)**

Supervisor: Health Services, Aldrich Chemical Co. (1988-1991)

Consultant: Hillhaven Corporation, Loss Prevention, W/C Education (1991-1994)

Supervisor: Corporate Health Services, Menasha Corporation (1994-1998)

Staff Nurse: Kimberly Clark Corporation (1999-2001)

**Quilting History:** Quilting since 1952, Mother, Grandmothers and Great Grandmothers Quilters  
Hand quilting and applique'. Machine Quilting since 1992

**Business Owner:** Quilt-N-Be, Bed & Breakfast, Pain-Free Quilting, Inc. (2001-Present)

### **Quilting Retreats Offered**

#### **Presentations/Programs:**

City of Milwaukee, Municipal Court

Office Ergonomic Evaluation/Education

Menasha Corporation (General Manufacturing)

Office Ergonomics Pamphlet

Ergonomic Educational Program

Ergonomic Prevention Program

Kimberly Clark Corporation, Neenah South Plant

Ergonomic Injury Prevention Plan

Management Educational Program

Employee Educational Program

#### **Presentations Pain-Free Quilting:**

Paducah Ky 2001,2002,2003,2004 International Quilt Festival 2002, 2004

Minnesota 1999, Chicago 2001, 2003 Tennessee 2002, Indiana 2003, Michigan

2003 Local Shows, ongoing

**Publications** Pain Free Quilting

Pain-Free Quilting The Book, May, 2001

Educate/Sewing Injury Prevention

Office Ergonomics (Pamphlet)

Office Ergonomics (CDR)

American Quilter, Pain-Free Quilting Vol. XV11, No.2

Quilting Professional, Issue #5, #10 2002

Quilter's Newsletter, June 2003, Starting a small business

Women, January 6, 2004, Girlfriend Getaways

Women, March 2, 2004, Ergonomics and Your Health

**Hobbies:** Sewing, Quilting. Decorating, Gardening, Portrait Artist, Grandmother (10)!!!