

Dr. Carrie Janiski is a Regional Medical Director at Golden Valley Health Centers in the Central Valley of California. She also serves as the Regional Director of Medical Education and the Director of Sports Medicine. She is board-certified in Sports Medicine, Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine and Family Medicine. She received her undergraduate degree from Western Michigan University (BS Athletic Training), graduate degree from Michigan State University (MS Kinesiology) and medical degree at the Michigan State University College of Osteopathic Medicine. She has served as a team physician for California State University Stanislaus and John H Pitman High School in Turlock CA. She is also a certified yoga instructor (ERYT-200), leads yoga classes weekly and enjoys serving as co-facilitator for a 200-hour yoga teacher & leadership training offered every 12-18 months. In her spare time, she is on the Board of Directors for the EMC Health Foundation in Turlock CA, is a clinical instructor with Touro University COM, enjoys speaking at the state (OPSC) and national (AAO) levels, and serves as Core Faculty for the Family Medicine Residents in Modesto (Valley Consortium for Medical Education). Since moving to California, she has been involved with OPSC as a member, committee member (OMM Committee and Education Committee), committee Vice Chair (Education Committee), and has had the distinct pleasure of serving the OPSC membership as Education Committee Chair for 4 years. She was honored to receive the 2019 Rookie of the Year Award from OPSC, as well as the 2020 James M. Lally, DO, National Emerging Leader Award from the American Osteopathic Foundation. She currently serves on the OPSC Board of Directors as 2nd Vice President.