



## **Tara Vanaman**

(and husband, Jeff)

Step Up Now Presenter

Mat-Su Valley Step Up Now Coordinator

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Tara Vanaman grew up in Dallas, Georgia just outside of Atlanta. She graduated from Kennesaw State University where she majored in public relations and worked for 10 years in the non-profit sector. She and her husband, Jeff, moved to Alaska to partner with a non-profit organization in Eagle River. They have lived in Alaska since 2016 and have three almost grown sons. Two are at universities in Georgia, and the youngest is a senior at Chugiak high school.

Tara is currently the community outreach liaison at HeartReach Center and enjoys working in tandem with other non-profit organizations and building relationships with community partners.

Tara is passionate about educating teens in regard to making informed decisions about their health and safety, and fostering opportunities for them to think about their choices and developing strong character. She fully believes in Step Up Now's goal to empower young people through education in the areas of their sexual health, risks and their personal value. She believes that if adults will have honest, direct conversations with teens, it will help them to make better decisions with their life.