

**Helen Rumelhart, Operations Assistant**

Helen graduated from Iowa State University with a degree in Apparel Merchandising. Prior to college she grew up dancing starting at the age of one and a half. Helen has experience taking Pilates and yoga classes since a young age and additionally worked at the dance studio assisting with operations. She is from Iowa City as is excited to be in the Des Moines area and be a member of the FBD team!