



**Ariel Lee Family Nurse Practitioner
Advanced Practice Registered Nurse, MSN, RN, BSN,
Board Certified**

Ariel Lee is the CEO of Optimize Health LLC. The company's mission is to promote health and wellness in the community through a holistic approach encompassing mental, physical, and spiritual wholeness since 2017. She received her Bachelors of Science Degree in Nursing from South Dakota State University in 2008. Soon after, she started her professional career at Methodist Hospital of Houston's Medical Center, in which she worked in medical surgical department. In 2014 she received her Master's of Science in Nursing- Family Nurse Practitioner-degree and graduated summa cum laude from Prairie View A&M University. There, she served as a leader to her peers and faculty and was elected class Chaplain. She was inducted into Sigma Theta Tau-Honor Society of Nursing. She was appointed faculty staff at Baylor College of Medicine and worked in Houston's under-served community clinic. She is an active member of Windsor Village United Methodist Church- for over 10 years - in which she serves as a volunteer with the

youth ministry. Of all of accomplishments, her greatest is being a devoted Christian, wife, and mother of over 15 years to her loving and supportive family. Ariel's primary joy and purpose in life is to serve others through her gift of compassion, faith, and encouragement.